

# TOBY WELLS YMCA

Hours: Mon. to Fri. 5:00 am — 8:45 pm  
Saturday 7:00 am — 5:45 pm  
Sunday 7:00 am — 5:45 pm

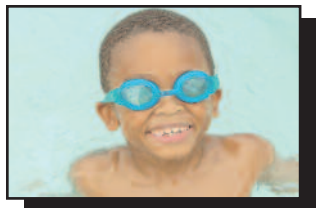


# MCGRATH (indoor) POOL SCHEDULE

September 7, 2009 -  
December 18, 2009

Schedule subject  
to change.

Rev 11-6-09



## LAP SWIM

(Non-members: \$10 day pass fee.)  
(Must be 13 to swim in lap lanes.)

### Monday/Wednesday

5:00 am — 8:35 am (6 lanes)  
8:35 am — 11:25 am (2 lanes)  
11:25 am — 12:50 pm (2 lanes)  
12:50 pm — 3:25 pm (4 lanes)  
3:25 pm — 4:00 pm (4 lanes)  
4:00 pm — 6:40 pm (1-2 lanes)  
7:45 pm — 8:45 pm (2-3 lanes)

#### Thursday only:

11:25 am — 12:50 pm (6 lanes)

### Tuesday/Thursday

5:00 am — 8:35 am (6 lanes)  
8:35 am — 11:25 am (2 lanes)  
11:25 am — 12:50 pm (2 lanes)  
12:50 pm — 4:00 pm (4 lanes)  
4:00 pm — 5:00 pm (3 lanes)  
5:00 pm — 6:45 pm (2 lanes)  
7:45 pm — 8:45 pm (2 lanes)

### Friday

5:00 am — 8:35 am (6 lanes)  
8:35 am — 11:25 am (2 lanes)  
11:25 am — 12:50 pm (2 lanes)  
12:50 pm — 7:00 pm (4 lanes)  
7:00 pm — 8:45 pm (4 lanes)

### Saturday

7:00 am — 8:00 am (6 lanes)  
8:00 am — 9:00 am (2 lanes)  
11:30 am — 5:45 pm (3-4 lanes)

### Sunday

7:00 am — 10:00 am (6 lanes)  
10:00 am — 5:45 pm (4 lanes)

## SWIM LESSONS

See Program Guide or website for more  
information.

### Monday/Wednesday

3:30 pm — 7:15 pm (2-3 lanes)

### Tuesday/Thursday

10:20 am — 12:00 pm (2 lanes)  
3:15 pm — 5:00 pm (2-3 lanes)  
5:00 pm — 7:15 pm (2-3 lanes)

### Saturday

9:00 am — 11:30 am (UCP)  
(2 lanes)  
9:00 am — 12:15 pm (4 lanes)

## Adult Lessons

### Monday - Thursday

7:15 pm — 8:15 pm (2-3 lanes)

## Seals Swim Team

### Monday - Thursday

4:00 pm — 6:00 pm (2 lanes)  
Call 619-298-3576, ext. 1264 for details.

## WATERSLIDE HOURS

(Subject to change; must be 48" or taller to ride)

### Saturday

3:00 pm — 5:45 pm

## Developmental Preschool

### Wednesday/Friday

10:30 am — 11:30 am (2 lanes)

[www.missionvalley.ymca.org](http://www.missionvalley.ymca.org)



## MEMBER FAMILY SWIM

### Monday/Wednesday

12:50 pm — 4:00 pm (2 lanes)  
7:05 pm — 8:45 pm (2 lanes)

### Tuesday/Thursday

12:50 pm — 4:55 pm (2 lanes)  
7:15 pm — 8:45 pm (2 lanes)

### Friday

12:50 pm — 6:00 pm (2 lanes)  
7:05 pm — 8:45 pm (2 lanes)

### Saturday

12:15 pm — 5:45 pm (2-3 lanes)

### Sunday

10:00 am — 5:45 pm (2 lanes)

## WATER EXERCISE CLASSES

Pick up our water exercise  
schedule for classes and times or  
visit us on the web at  
[www.missionvalley.ymca.org](http://www.missionvalley.ymca.org)

### POOL RULES:

1. You must **shower** before entering the pool or spa.
2. **No** running, diving, rough housing, back flips, food, drinks, or gum allowed.  
(water in plastic container only).
3. Children under the age of 3 must wear a swim diaper.
4. **No children under the age of 5 allowed in the spa at any time.**
5. You must wear a swimsuit at all times; no cutoffs etc.
6. Children **8 years and younger must** be accompanied by an adult in the pool;  
children **ages 9-12 must** have an adult present on the pool deck.
7. Noodles, kickboards, water weights, and pull buoys are for swim lessons, swim team,  
and aquatic fitness classes.
8. Only **U.S. Coast Guard** approved personal flotation devices are permitted in pool.
9. Paying open/recreation swim does not permit you to use lap lanes.

# YAQUATICS™

We build strong kids, strong families, strong communities.