

MISSION VALLEY YMCA POOL SCHEDULE • MAY

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	INDOOR (PRATT)	OUTDOOR (HAZARD)	INDOOR (PRATT)	OUTDOOR (HAZARD)	INDOOR (PRATT)	OUTDOOR (HAZARD)	INDOOR (PRATT)	OUTDOOR (HAZARD)	INDOOR (PRATT)	OUTDOOR (HAZARD)	INDOOR (PRATT)	OUTDOOR (HAZARD)	INDOOR (PRATT)	OUTDOOR (HAZARD)
4:30														
5:00														
6:00														
7:00	6:30-7:20 a.m. WATER EXERCISE	5:30-8:30 a.m. MASTERS SWIM		5:30-8:30 a.m. MASTERS SWIM	6:30-7:20 a.m. WATER EXERCISE	5:30-8:30 a.m. MASTERS SWIM		5:30-8:30 a.m. MASTERS SWIM	6:30-7:20 a.m. WATER EXERCISE	5:30-8:30 a.m. MASTERS SWIM				
8:00			7-11:45 a.m. WATER EXERCISE				7-11:45 a.m. WATER EXERCISE							
9:00	8:05-11:35 a.m. WATER EXERCISE	8:40-9:35 a.m. WATER EXERCISE		8:40-10:40 a.m. WATER EXERCISE	8:05-11:35 a.m. WATER EXERCISE	8:40-9:35 a.m. WATER EXERCISE		8:40-9:35 a.m. WATER EXERCISE	8:05-11:35 a.m. WATER EXERCISE		8:05-9:50 a.m. WATER EXERCISE	7:30-9 a.m. MASTERS SWIM		
10:00											9-12:45 p.m. YOUTH SWIM LESSONS	10:05-11 a.m. WATER EXERCISE	9-12:45 p.m. YOUTH SWIM LESSONS	
11:00														
12:00	11:45 a.m. - 9:30 p.m. MEMBER/FAMILY SWIM	12-1 p.m. MASTERS SWIM	11:45 a.m. - 9:30 p.m. MEMBER/FAMILY SWIM	12-1 p.m. MASTERS SWIM	11:45 a.m. - 9:30 p.m. MEMBER/FAMILY SWIM	12-1 p.m. MASTERS SWIM	11:45 a.m. - 9:30 p.m. MEMBER/FAMILY SWIM	12-1 p.m. MASTERS SWIM	11:45 a.m. - 8:30 p.m. MEMBER/FAMILY SWIM	11:30-1 p.m. MASTERS SWIM				
1:00		1:05-1:55 p.m. WATER EXERCISE												
2:00											1:05-1:55 p.m. WATER EXERCISE			
3:00														
4:00	3-4 p.m. PUBLIC SWIM	3-7 p.m. SEALS SWIM TEAM	3-4 p.m. PUBLIC SWIM	3-7 p.m. SEALS SWIM TEAM	3-4 p.m. PUBLIC SWIM	3-7 p.m. SEALS SWIM TEAM	3-4 p.m. PUBLIC SWIM	3-7 p.m. SEALS SWIM TEAM	3-4 p.m. PUBLIC SWIM	3-7 p.m. SEALS SWIM TEAM			12:45-6 p.m. MEMBER/FAMILY SWIM	1-2:30 p.m. WATER POLO
5:00	4:15-7:05 p.m. YOUTH SWIM LESSONS		4:15-7:05 p.m. YOUTH SWIM LESSONS		4:15-7:05 p.m. YOUTH SWIM LESSONS		4:15-7:05 p.m. YOUTH SWIM LESSONS		4-8 p.m. YOUTH SWIM LESSONS					
6:00	5:30-7 p.m. SEALS SWIM TEAM	5:45-6:35 p.m. WATER EXERCISE	5:30-7 p.m. SEALS SWIM TEAM	5:45-6:35 p.m. WATER EXERCISE	5:30-7 p.m. SEALS SWIM TEAM	5:45-6:35 p.m. WATER EXERCISE	5:30-7 p.m. SEALS SWIM TEAM	5:45-6:35 p.m. WATER EXERCISE	4:15-5:15 p.m. SPLASHBALL					
7:00	6:45-7:35 p.m. WATER EXERCISE		6:45-7:35 p.m. WATER EXERCISE		6:45-7:35 p.m. WATER EXERCISE		6:45-7:35 p.m. WATER EXERCISE							
8:00	7:10-7:40 p.m. ADULT SWIM LESSONS	6:45-7:45 p.m. MASTERS SWIM		6:45-8:50 p.m. SHORES WATER POLO	7:10-7:40 p.m. ADULT SWIM LESSONS	6:45-7:45 p.m. MASTERS SWIM		6:45-8:50 p.m. SHORES WATER POLO						
9:00			7:30-9:30 p.m. PUBLIC SWIM		7:30-9:30 p.m. PUBLIC SWIM	7:45-9 p.m. DSST	7:30-9:30 p.m. PUBLIC SWIM				7:45-8:30 p.m. WATER POLO			

(INDOOR) MEMBER/FAMILY SWIM — Monday - Thursday: 11:45 a.m. - 9:30 p.m. Friday: 11:45 a.m. - 8:30 p.m. Saturday: 12:45-7 p.m. Sunday 12:45-6 p.m.

(INDOOR) PUBLIC SWIM — Monday - Friday: 3-4 p.m. Tuesday - Thursday: 7:30-9:30 p.m. Saturday: 3-7 p.m. Sunday: 3-6 p.m.

MISSION VALLEY YMCA POOL HOURS

Mon. - Thu. 4:30 a.m. - 9:30 p.m. Friday 4:30 a.m. - 8:30 p.m.
Saturday 6 a.m. - 7 p.m. Sunday 6:30 a.m. - 6 p.m.

Lap lanes available; see reverse for lane availability.
 Limited/no lap lanes Pool closed

Revised 4/28/17



MISSION VALLEY YMCA POOL LANE AVAILABILITY • MAY

MISSION VALLEY INDOOR POOL (PRATT)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30-5:00							
5:00-5:30	5	5	5	5	5		
5:30-6:00							
6:00-6:30							
6:30-7:00	4	5	4	5	4	6	6
7:00-7:30							
7:30-8:00	2-4	2-4	2-4	2-4	2-4		
8:00-8:30							1-2
8:30-9:00							
9:00-9:30							
9:30-10:00	0-1	0-1	0-1	0-1	0-1		
10:00-10:30						0	0
10:30-11:00							
11:00-11:30							
11:30-12:00							
12:00-12:30							
12:30-1:00							
1:00-1:30	1-2	1-2	1-2	1-2	1-2		
1:30-2:00							
2:00-2:30							
2:30-3:00							
3:00-3:30	2-3	2-3	2-3	2-3	2-3		3
3:30-4:00						3	
4:00-4:15	0-1	0-1	0-1	0-1			
4:15-5:00							
5:00-5:45					1-2		
5:45-6:15							
6:15-6:40	0	0	0	0			
6:40-7:00							
7:00-7:30							
7:30-8:00	1-2	1-2	1-2	1-2	3		
8:00-8:30							
8:30-9:00	3	3	3	3			
9:00-9:30							

MISSION VALLEY OUTDOOR POOL (HAZARD)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30-5:00							
5:00-5:30	10	10	10	10	10		
5:30-6:00							
6:00-6:30							
6:30-7:00	2-4	2-4	2-4	2-4	2-4	6-10	
7:00-7:30							
7:30-8:00							
8:00-8:30						2-3	
8:30-9:00	4	4	4	4	4		
9:00-9:30							
9:30-10:00	5-8		5-8	5-8		5	6-10
10:00-10:30		6-7			6		
10:30-11:00	7-8		7-8	7-8			
11:00-11:30		7-8			7-8		
11:30-12:00						3-4	
12:00-12:30	3-4	3-4	3-4	3-4	3-4		
12:30-1:00							
1:00-1:30							
1:30-2:00	5-8	5-8	5-8	5-8	5-8	4-5	4
2:00-2:30							
2:30-3:00	6-10	6-10	6-10	6-10	6-10		
3:00-3:30							
3:30-4:00	2-4	2-4	2-4	2-4	2-4		
4:00-4:15						8	9
4:15-5:00							
5:00-5:45		2-4	2-3	2-4	2-3		
5:45-6:15							
6:15-6:40	2-3	3-4		3-4			
6:40-7:00							
7:00-7:30					3-4		
7:30-8:00		2*	3-4*	2*			
8:00-8:30							
8:30-9:00	6-10						
9:00-9:30		10	10	10			

MONTHLY UPDATES:

- Outdoor pool will be closed Sunday, May 7 due to YMCA county swim meet from 7:30 a.m. - 2 p.m.
- All pools closing at 1 p.m. on Monday, May 29 in observance of Memorial Day.