

September 2015

Mission Valley Hazard (OUTDOOR)

Member Lap Swim:

Lane availability varies throughout the day. Please see schedule on Page 2.

YMCA Masters Swim:

Monday - Friday
 5:30 a.m. - 6:30 a.m.
 6:30 a.m. - 7:30 a.m.
 7:30 a.m. - 8:30 a.m.
 12:00 p.m. - 1:00 p.m.

Monday / Wednesday / Friday
 6:45 p.m. - 7:45 p.m.

Friday
 11:30 a.m. - 1:00 p.m.

Saturday
 7:30 a.m. - 9:00 a.m.

Seals Swim Team:

Monday - Friday
 3:00 p.m. - 7:00 p.m.

Adult Lessons:

Tuesday / Thursday
 7:10 p.m. - 8:15 p.m.

Shores Water Polo:

Tuesday / Thursday
 6:45 p.m. - 8:50 p.m.

Monday / Wednesday
 8 p.m. - 9:30 p.m.

DSST:

Wednesdays
 7:45 p.m. - 9:00 p.m.

Saturdays
 11:05 a.m. - 12:35 p.m.

Mission Valley Pratt (INDOOR)

Member Lap Swim:

Lane availability varies throughout the day. Please see schedule on Page 2.

Swim Academy:

Monday - Thursday
 4:15 p.m. - 7:05 p.m.

Tuesday - Thursday
 9:45 a.m. - 12:00 p.m.

Saturday
 9:00 a.m. - 11:50 a.m.

Sunday
 9:00 a.m. - 11:50 a.m.

Adult/Teen Lessons:

Monday / Wednesday
 7:10 p.m. - 7:40 p.m.

Sunday
 8:30 a.m. - 9:00 a.m.

Seals Swim Team:

Monday - Thursday
 4:15 p.m. - 5:45 p.m.

Member/Family Swim:

Monday - Thursday
 11:45 a.m. - 10:00 p.m.

Friday
 11:45 a.m. - 9:30 p.m.

Saturday
 11:00 a.m. - 8:30 p.m.

Sunday
 10:00 a.m. - 7:30 p.m.

Public Swim (Sept.-May):*

Monday - Friday
 12:30 p.m. - 1:30 p.m.

Tuesday - Thursday
 7:30 p.m. - 10:00 p.m.

Saturday
 3:00 p.m. - 7:30 p.m.

Sunday
 3:00 p.m. - 6:30 p.m.

*These hours include lap swimming for non-members

Toby Wells McGrath (INDOOR)

Member Lap Swim:

Lane availability varies throughout the day. Please see schedule on Page 2.

Swim Academy:

Monday - Thursday
 4:15 p.m. - 7:05 p.m.

Saturday
 9:00 a.m. - 11:50 a.m.

Sunday
 9:00 a.m. - 11:50 a.m.

Adult/Teen Lessons:

Monday - Thursday
 7:10 p.m. - 8:15 p.m.

Sunday
 8:30 a.m. - 9:00 a.m.

Developmental Preschool:

Wednesday & Friday
 8:30 a.m. - 11:30 a.m.

Seals Swim Team:

Monday - Thursday
 4:15 p.m. - 6:15 p.m.

Member/Family Swim:

Monday, Wednesday
 12:30 p.m. - 6:00 p.m.

7:30 p.m. - 9:45 p.m.

Tuesday, Thursday
 12:00 p.m. - 6:00 p.m.

7:30 p.m. - 9:45 p.m.

Friday
 12:30 p.m. - 8:45 p.m.

Saturday
 12:00 p.m. - 6:45 p.m.

Sunday
 10:00 a.m. - 6:45 p.m.

Water Slide:

Saturday
 1:15 p.m. - 4:15 p.m.

Sharp:

Monday / Wednesday / Friday
 11:30 a.m. - 1:00 p.m.

In partnership with  Scripps

Mission Valley/Toby Wells Pool Rules:

- YMCA Lifeguard has final authority.
- It's the rule, one long whistle - exit the pool immediately.
- For your safety, children 6 and under must be actively supervised by an adult, 18 years or older.
- All patrons under 18 years old must meet one of the following:
 - Successfully pass a swim test (25 yards continuous swim and tread water for one minute) OR
 - Stand comfortably in chest deep water in the entire swim zone OR
 - Wear a properly fitted United States Coast Guard (USCG) approved Personal Flotation Device (PFD or lifejacket).
 - Be within arms reach of an adult (only one non-swimmer per adult).
- Recreational diving permitted in 9 feet of water or more.
- Please walk on the pool deck.
- Prolonged underwater breath holding is dangerous and prohibited.
- USCG approved lifejacket and water noodles may be used.
- All pool equipment must be used appropriately.
- Swimming without a certified lifeguard on duty is prohibited.
- Swim diapers are required for swimmers who are not potty trained.

Mission Valley YMCA Pool Hours:

Mon - Thur 4:30 a.m. - 10:00 p.m.
 Friday 4:30 a.m. - 9:30 p.m.
 Saturday 7:00 a.m. - 8:30 p.m.
 Sunday 7:00 a.m. - 7:30 p.m.

619-298-3576

Toby Wells YMCA Pool Hours:

Mon - Thur 5:00 a.m. - 9:45 p.m.
 Friday 5:00 a.m. - 8:45 p.m.
 Sat/Sun 7:00 a.m. - 6:45 p.m.

858-496-9622

SEPTEMBER 2015 POOL LANE AVAILABILITY

MISSION VALLEY INDOOR POOL							
	M	T	W	TH	F	S	SU
4:30-5:00							
5:00-5:30	5	5	5	5	5		
5:30-6:00							
6:00-6:30	4	5	4	5	4		
6:30-7:00							
7:00-7:30	3-4	3-4	3-4	3-4	3-4	6	6
7:30-8:00							
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	0	0
10:00-10:30							
10:30-11:00							
11:00-11:30							
11:30-12:00						0-1	0-1
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		
3:30-4:00							
4:00-4:15	0-1	0-1	0-1	0-1		3	3
4:15-5:00							
5:00-5:45							
5:45-6:15	0	0	0	0	1-2		
6:15-6:40							
6:40-7:00							
7:00-7:30							
7:30-8:00	1-2	1-2	1-2	1-2			
8:00-8:30							
8:30-9:00						3	
9:00-9:30	3	3	3	3			
9:30-10:00							

MISSION VALLEY OUTDOOR POOL							
	M	T	W	TH	F	S	SU
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							
7:00-7:30	2-4	2-4	2-4	2-4	2-4		
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	9
10:00-10:30		6-7			6-7		
10:30-11:00							
11:00-11:30	8		8	8			
11:30-12:00		8			8		
12:00-12:30						3-4	
12:30-1:00	3-4	3-4	3-4	3-4	3-4		
1:00-1:30							
1:30-2:00	5-6	5-6	5-6	5-6	5-6		
2:00-2:30							
2:30-3:00						4-5	4
3:00-3:30	4	4	4	4	4		
3:30-4:00							
4:00-4:15	3-4	3-4	3-4	3-4	3-4		
4:15-5:00							
5:00-5:45	2-3	2-4	2-3	2-4	2-3		
5:45-6:15							
6:15-6:40		3-4		3-4			9
6:40-7:00					3-4	8	
7:00-7:30							
7:30-8:00	3-4	2	3-4	2			
8:00-8:30					8		
8:30-9:00							
9:00-9:30					10		
9:30-10:00	10	10	10	10			

TOBY WELLS POOL							
	M	T	W	TH	F	S	SU
4:30-5:00							
5:00-5:30							
5:30-6:00							
6:00-6:30							
6:30-7:00	6	6	6	6	6		
7:00-7:30							6
7:30-8:00							6
8:00-8:30							2
8:30-9:00	0	2-3	0	2-3	2		
9:00-9:30							
9:30-10:00	1-2	2	1-2	2	1	1-2	
10:00-10:30							
10:30-11:00							
11:00-11:30							2
11:30-12:00							
12:00-12:30							
12:30-1:00							
1:00-1:30	3-4	3-4	3-4	3-4	3-4		4
1:30-2:00							
2:00-2:30							
2:30-3:00							
3:00-3:30							3
3:30-4:00							
4:00-4:15							
4:15-5:00	1-2	1-2	1-2	1-2			
5:00-5:45					4		
5:45-6:15	0-1	0-1	0-1	0-1			
6:15-6:40	1-2	1-2	1-2	1-2			
6:40-7:00					2		
7:00-7:30							
7:30-8:00	2	2	2	2		3	
8:00-8:30							
8:30-9:00							
9:00-9:30	4	4	4	4			
9:30-10:00							

MONDAY, SEPTEMBER 7: Pools at Mission Valley and Toby Wells close at 3:30 p.m. on Labor Day.