

Mission Valley Aquatics Pool Schedule

Water Temp: Main Pool 83 degrees Therapy Pool 95 degrees Phone: 883-4567 (#) = Lane Availability						
Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00	6-8 Lap Swim (7) Swim Team (1)	6-8 Lap Swim (7) Swim Team (1)	6-8 Lap Swim (8)	6-8 Lap Swim (7) Swim Team (1)	6-8 Lap Swim (7) Swim Team (1)	CLOSED
7:00						CLOSED
8:00	8-9 Lap Swim (4) Aqua Aerobics (4)	8-9 Lap Swim (4) Open Swim (4)	8-9 Lap Swim (4) Aqua Aerobics (4)	8-9 Lap Swim (4) Open Swim (4)	8-9 Lap Swim (4) Aqua Aerobics (4)	CLOSED
9:00	9-10 Lap Swim (4) Open Swim (4)	9-10 Lap Swim (4) Open Swim (4)	9-10 Lap Swim (4) Open Swim (4)	9-10 Lap Swim (4) Open Swim (4)	9-10 Lap Swim (4) Open Swim (4)	CLOSED
10:00	10-11 Lap Swim (4) Aqua Fit (4)	10-11 Lap Swim (4) Open Swim (4)	10-11 Lap Swim (4) Aqua Fit (4)	10-11 Lap Swim (4) Open Swim (4)	10-11 Lap Swim (4) Aqua Aerobics (4)	10a-5p Lap Swim (4) Open Swim (4)
11:00	11-12 Lap Swim (4) Open Swim (4)	11-12 Lap Swim (4) Aqua Fit (4)	11-12 Lap Swim (4) Open Swim (4)	11-12 Lap Swim (4) Aqua Fit (4)	11-12 Lap Swim (4) Open Swim (4)	
12:00	12-1 Lap Swim (4) Open Swim (4)	12-1 Lap Swim (4) Open Swim (4)	12-1 Lap Swim (4) Open Swim (4)	12-1 Lap Swim (4) Open Swim (4)	12-1 Lap Swim (4) Open Swim (4)	
1:00	1-2 Lap Swim (4) Open Swim (4)	1-2 Lap Swim (4) Open Swim (4)	1-2 Lap Swim (4) Open Swim (4)	1-2 Lap Swim (4) Open Swim (4)	1-2 Lap Swim (4) Open Swim (4)	
2:00	2-3 Lap Swim (4) Open Swim (4)	2-3 Lap Swim (4) Open Swim (4)	2-3 Lap Swim (4) Open Swim (4)	2-3 Lap Swim (4) Open Swim (4)	Closed	
3:00	3-4 Lap Swim (4) Open Swim (4)	3-4 Lap Swim (4) Open Swim (4)	3-4 Lap Swim (4) Open Swim (4)	3-4 Lap Swim (4) Open Swim (4)	Closed	
4:00	4-6 Lap Swim (4) Swim Team (4)	4-6 Lap Swim (4) Swim Team (4)	4-6 Lap Swim (4) Swim Team (4)	4-6 Lap Swim (4) Swim Team (4)	Closed	
4:30						
5:00						
6:00	6-7 Lap Swim (4) Swim Team (4)	6-7 Lap Swim (4) Swim Team (4)	6-7 Lap Swim (4) Swim Team (4)	6-7 Lap Swim (4) Swim Team (4)	Closed	CLOSED

*During lap swim, lap lane(s) may be used for private/group swim lessons.

Shower Policy will be enforced-take a Cleansing Shower before entering the pools.

Mission Valley Aquatics Therapy Pool Schedule

Water Temp: Therapy Pool 93 degrees Phone: 883-4567							
Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00	Therapy Open	Therapy Open	Therapy Open	Therapy Open	Therapy Open 6-2pm	CLOSED	
7:00							
8:00							
9:00	AquaTherapy	Mens Aqua Therapy	AquaTherapy	Mens Aqua Therapy			
10:00	Therapy Open	Womens Aqua Therapy 10-11am	Therapy Open	Womens Aqua Therapy 10-11am			
11:00		Aqua Therapy 11-12		Aqua Therapy 11-12			
12:00		Therapy Open		Aqua Stretch Therapy 1:15-2:15pm	Therapy Open		
1:00							
1:15							
2:00	Therapy Open	Therapy Open	Therapy Open	Therapy Open	Open Swim 10am-5pm		
2:15							
3:00							
3:30							
4:00						Aqua Therapy 3:30-4:30pm	Aqua Therapy 3:30pm-4:30pm
4:30							
5:00	P&T 6:00-6:40pm	Therapy Open	P&T 6:00-6:40pm	Therapy Open	Closed		
5:30							
6:00							

***During lap swim, lap lane(s) may be used for private/group swim lessons.**

Shower Policy will be enforced-take a Cleansing Shower before entering the pools.

OPEN SWIM HOURS

Mon-Thurs 12 pm-4 pm

Fri 10 am-2 pm

Sat 10 am- 5 pm

Sun Closed

Private Swim Lessons

Private lessons are perfect for individuals looking to learn to swim or improve their technique.

We provide lessons for all ages and abilities.

Single Private (1 student), Semi Private (2 students MAX),

Lessons are \$1 a minute. Most are 30 minutes.

LAP SWIM Etiquette

Lap Swim is for swimmers 14 & older. Please abide by the lap swim etiquette sign. When crowded, swim a circle pattern in the CORRECT speed designated lane.

Private/Group Swim Lessons may occur during lap swim times.

LAP SWIM HOURS:

See front grid for lap swim times.