

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 (5) Swim Team (3)	6-8 Lap Swim (5) Swim Team (3)	6-8 Lap Swim (5) Swim Team (3)	6-8 Lap Swim (5) Swim Team (3)	6-8 Lap Swim (5) Swim Team (3)	CLOSED
7:00						CLOSED
8:00	8-9 Lap Swim (1) Swim Team (3) Aqua Aerobics (4)	8-9 Lap Swim (5) Swim Team (3)	8-9 Lap Swim (1) Swim Team (3) Aqua Aerobics (4)	8-9 Lap Swim (5) Swim Team (3)	8-9 Lap Swim (1) Swim Team (3) Aqua Aerobics (4)	CLOSED
9:00	9-10 Lap Swim (5) Swim Team (3)	9-10 Lap Swim (5) Swim Team (3)	9-10 Lap Swim (5) Swim Team (3)	9-10 Lap Swim (5) Swim Team (3)	9-10 Lap Swim (5) Swim Team (3)	CLOSED
10:00	10-11 Lessons (5) Aqua Fit (3) NO PUBLIC	10-11 Lap Swim (2) Lessons (6)	10-11 Lessons (5) Aqua Fit (3) NO PUBLIC	10-11 Lap Swim (2) Lessons (6)	10-11 Lap Swim (4) Open Swim (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						
4:30	4-6 Lap Swim (4) Open Swim (4)	4-6 Lap Swim (4) Open Swim (4)	4-6 Lap Swim (4) Open Swim (4)	4-6 Lap Swim (4) Open Swim (4)	Closed	
5:00						
6:00	6-7 Lap Swim (4) Open Swim (4)	6-7 Lap Swim (4) Open Swim (4)	6-7 Lap Swim (4) Open Swim (4)	6-7 Lap Swim (4) Open Swim (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 95 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		Therapy Open 6-2pm	Open Swim 10am-5pm		
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	Aqua Stretch Therapy 1:15-2:15pm	Therapy Open	Closed			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						Therapy Open	Therapy Open		Aqua Therapy 4:30pm-5:30pm
5:00									
5:30									
6:00	Therapy Open	Therapy Open	Therapy Open	Therapy Open		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.

OPEN SWIM HOURS

Mon-Thurs 1 pm-7 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.

Fill out a Private Lesson Info/Waiver form if you are interested (available @ the front desk).

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.