

Mission Valley Aquatics Therapy Pool Schedule

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