

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		Mens Aqua Therapy		Mens Aqua Therapy			
9:00							
10:00		Womens Aqua Therapy 10-11am		Womens Aqua Therapy 10-11am		Therapy Open 10am-5pm	
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	Aqua Stretch Therapy 1:15-2:15pm						
2:00	Therapy Open	Aqua Therapy 3:30-4:30pm	Therapy Open	Aqua Therapy 3:30pm-4:30pm	Closed		
2:15							
3:00		Aqua Therapy 4:30pm-5:30pm		Aqua Therapy 4:30pm-5:30pm			
3:30							
4:00		Therapy Open		Therapy Open			
4:30							
5:00		Therapy Open		Therapy Open			
5:30							
6:00	Therapy Open	Therapy Open	CLOSED				