



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

MISSION VIEJO FAMILY YMCA
27341 Trabuco Circle
Mission Viejo, CA 92692

Pool Hours: Winter Hours – Effective 11/7/1111

*Monday-Friday: 5:30am - 8:30pm

*M/W/F – Closed for maintenance 7:00am-8:45am

Saturday: 7:00am – 5:30pm

Sunday: 8:00am–5:30pm

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------|-----------------------------------|------------------------------------|-----------------------------------|--------------------------------|-----------------------------------|-----------------------------------|---------------|
| 5:30 - 6:00 AM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Closed | Closed |
| 6:00 - 7:00 | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Closed | Closed |
| 7:00 - 8:00 | Closed 7-8:45 | Lap Swim | Closed 7-8:45 | Lap Swim | Closed 7-8:45 | Lap Swim | Closed |
| 8:00 - 9:00 | Closed 7-8:45 | Lap Swim | Closed 7-8:45 | Lap Swim | Closed 7-8:45 | Lap Swim/ SL | Lap Swim |
| 9:00 - 10:00 | Aqua Aerobics/ Lap Swim | Aqua Aerobics/ Lap Swim | Aqua Aerobics/ Lap Swim | Aqua Aerobics/ Lap Swim | Aqua Aerobics/ Lap Swim | 9:30 SL/1 Lap | Lap Swim |
| 10:00 - 11:00 | SL/Lap Swim | SL/Lap Swim | SL/Lap Swim | SL/Lap Swim | Lap Swim | SL till 11:30 | Lap Swim/Open |
| 11:00 - 12:00 | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | SL till 12:15/ 1 Lap Swim/Open | Lap Swim/Open |
| 12:00 - 1:00 | SL/Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open |
| 1:00 - 2:00 | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open |
| 2:00 - 3:00 | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open |
| 3:00 - 4:00 | No lap 3:30-5:30 SL 3:30-6:30 | SL 3:30-6:30/ 1 Lap Swim | No lap 3:30-5:30/ SL 3:30-6:30 | SL 3:30-:30/ 1 Lap Swim | No lap 3:30-5:30/ SL 3:30-5:30 | Lap Swim/Open | Lap Swim/Open |
| 4:00 - 5:00 | No lap 4:30-6:30/ SL 4:00-6:00 | Lap Swim/ Open SL 4:00-6:00 | No lap 4:30-6:30/ SL 4:00-6:00 | Lap Swim/ Open SL 4:00-6:00 | No lap 4:30-5:30 | Lap Swim/Open | Lap Swim/Open |
| 5:00 - 6:00 | No lap 4:30-6:30/ SL 4:00-6:30 | Lap Swim/ Open SL 4:00-6:00 | No lap 4:30-6:30/ SL 4:00-6:30 | Lap Swim/ Open SL 4:00-6:30 | No lap 4:30-6:30 | 5:30pm Closed | 5:30pm Closed |
| 6:00 - 7:00 | Lap Swim/Open | 6:30p Adult SL/2 Lap Swim/ Open | SL/1 Lap Swim/Open | Lap Swim/ Open | Lap Swim | Closed | Closed |
| 7:00 - 8:00 | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Lap Swim/Open | Closed | Closed |
| 8:00 – 9:30 | 8:30pm Closed | 8:30pm Closed | 8:30pm Closed | 8:30pm Closed | 8:30pm Closed | Closed | Closed |

South Coast Pool Hours: Lap Swim M-F 6-8am, 12-1pm, 6-8pm | Sat-Sun 9-12pm Recreation Swim M-F 9-12pm, 1-4pm Sat-Sun 12-4pm

Daily changes without notice are possible, although we will make every effort to inform members when possible.

Pool may close due to inclement weather or other issues that may compromise safety. All children 12 yrs under must be supervised by an adult