



MISSION VIEJO FAMILY YMCA

Pool Hours

Monday-Friday: 7:00am-12:30pm | 2:00-7:30pm

Saturday – Sunday: 8:00am-1:30pm

Pool Hours– Lap Swim Only by Reservation (30 minutes)

(Lanes may be limited due to swim lessons)

Tuesday and Friday: 7:00am-8:50am | 11:20am-12:30pm | 2:00pm-5:20pm

Monday/Wednesday: 7:00am-8:50am | 10:00am-12:30pm | 2:00pm-5:20pm

Thursday: 7:00am-8:50am | 10:40am-12:30pm | 2:00pm-5:20pm

Saturday – Sunday: 8:00am-1:30pm

Open Swim

Monday-Friday: 10am-12:30pm | 2:00pm-6:00pm

Saturday: 11:30-1:30am

Sunday: 8:00am-1:30pm