

MAIN POOL/"LANES" | Pool Closed: 11/11 - 11/13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (3 lanes) 6:00-9:25	Lap Swim (3 lanes) 6:00-8:25	Lap Swim (3 lanes) 6:00-9:25	Lap Swim (3 lanes) 6:00-8:25	Lap Swim (3 lanes) 6:00-1:00	Lap Swim (3 lanes) 8:15-9:00	Lap Swim (3 lanes) 8:15-9:00
	Aqua Intensity 8:30-9:25		Aqua Intensity 8:30-9:25			
Water Aerobics 9:30-10:25	Water RX 9:30-10:25	Water Aerobics 9:30-10:25	Water RX 9:30-10:25		Swim Lessons 9:05-12:00 Registered Users Only (no hot tub)	Swim Lessons 9:05-12:00 Registered Users Only (no hot tub)
Lap Swim (1 lane) Water Walking (2 lanes) 10:30-11:30	Lap Swim (3 lanes) 10:30-12:00	Lap Swim (1 lane) Water Walking (2 lanes) 10:30-11:30	Lap Swim (3 lanes) 10:30-12:00			
Lap Swim (3 lanes) 11:35-2:00	POOL CLOSED 12:00-1:30	Lap Swim (3 lanes) 11:35-2:00	POOL CLOSED 12:00-1:30	Lap Swim (1 lane) Water Walking (2 lanes) 1:05-2:00	Lap Swim (3 lanes) 12:05-1:25	Lap Swim (3 lanes) 12:05-1:25
Lap Swim (1 lane) Water Walking (2 lanes) 2:05-3:25	Lap Swim (1 lane) Water Walking (2 lanes) 1:30-3:25	Lap Swim (1 lane) Water Walking (2 lanes) 2:05-3:25	Lap Swim (1 lane) Water Walking (2 lanes) 1:30-3:25	Lap Swim (1 lane) Open Swim (2 lanes) 2:05-4:00 (no slide)	Open Swim 1:30-4:30 (Slide open)	Open Swim 1:30-4:30 (Slide open)
Swim Lessons 3:30-6:30 Registered Users Only (no hot tub)	Swim Lessons 3:30-6:30 Registered Users Only (no hot tub)	Swim Lessons 3:30-6:30 Registered Users Only (no hot tub)	Swim Lessons 3:30-6:30 Registered Users Only (no hot tub)	Private Pool Program 4:05-6:00 Registered Users Only (no hot tub)	CLOSED 4:30pm	CLOSED 4:30pm
	Water Aerobics (2 lanes) Swim Lessons (1 lane) 5:30-6:30		Water Aerobics (2 lanes) Swim Lessons (1 lane) 5:30-6:30			
Lap Swim (3 lanes) 6:35-7:30	Lap Swim (3 lanes) 6:35-7:30	Lap Swim (3 lanes) 6:35-7:30	Lap Swim (3 lanes) 6:35-7:30	CLOSED 4:00pm		
CLOSED 7:30pm	CLOSED 7:30pm	CLOSED 7:30pm	CLOSED 7:30pm			

SHALLOW END "COVE AREA"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking 6:00-9:25	Water Walking 6:00-10:25	Water Walking 6:00-9:25	Water Walking 6:00-10:25	Water Walking 6:00-12:00	Water Walking 8:15-9:00	Water Walking 8:15-9:00
Family Swim 9:30-11:30		Family Swim 9:30-11:30			Family Swim 10:30-12:00	Swim Lessons 9:05-12:00 Registered Users Only (no hot tub)
Water Walking 11:35-2:00	POOL CLOSED 12:00-1:30	Water Walking 11:35-2:00	POOL CLOSED 12:00-1:30	Family Swim 12:05-4:00pm	Water Walking 12:05-1:25	Water Walking 12:05-1:25
Family Swim 2:05-3:25	Family Swim 1:30-3:25	Family Swim 2:05-3:25	Family Swim 1:30-3:25	Private Pool Program 4:05-6:00 Registered Users Only (no hot tub)	Family Swim 1:30-4:30	Family Swim 1:30-4:30
Swim Lessons 3:30-6:30 Registered Users Only (no hot tub)	Swim Lessons 3:30-6:30 Registered Users Only (no hot tub)	Swim Lessons 3:30-6:30 Registered Users Only (no hot tub)	Swim Lessons 3:30-6:30 Registered Users Only (no hot tub)	CLOSED 4:00pm	CLOSED 4:30pm	CLOSED 4:30pm
Family Swim 6:35-7:30	Water Walking 6:35-7:30	Family Swim 6:35-7:30	Water Walking 6:35-7:30			
CLOSED 7:30pm	CLOSED 7:30pm	CLOSED 7:30pm	CLOSED 7:30pm			



**YOU MUST PURCHASE AN AQUATICS & FITNESS PASS TO ACCESS THE POOL
TO PURCHASE YOUR PASS, CALL US AT (415) 383-1370!**

To Register for Swim Lessons, Visit MyMVR.org.

If you haven't already created your registration account, visit MyMVR.org to sign up!
ALL participants MUST have a signed waiver prior to using the pool.

POOL SCHEDULE DESCRIPTIONS

FAMILY SWIM: Families are invited to come and explore the shallow 3ft-4ft deep water (Cove or Splash Shallow Area).

LAP SWIMMING: Up to 3-lap lanes can each accommodate a maximum of 7 swimmers to engage in continuous lap swimming. Lap lanes are rated for 'Slow, Medium & Fast' swimmers. Standard MVR Lap Swim etiquette is always enforced. Please circle swim in an appropriately paced lane, west-end entry, wait to begin swimming until all swimmers are aware of your presence. No lane splitting. To pass, tap the foot of the person in front of you. Pass at the walls on the left side. Kickboards, masks, snorkels and fins are only allowed during Lap Swim.

OPEN SWIM: An area of the pool is open for free swim and play. The water slide is open during weekend open swim. Kickboards, pull buoys, snorkels, paddles and lesson/class equipment are not available for use during Open Swim. Personal toys and pool equipment are only allowed at the lifeguard's discretion. No noodles, balls or flotation toys allowed.

WATER WALKING: Independent workout consisting of striding along the bottom of the pool, using buoyancy aids for arm & leg motions, and/or striding while floating. Exercise by swimming slowly with the head above the water, is considered Lap Swim. Water Walkers may walk during Open Swim or Family Swim. Water Walking is a shared space activity requiring an area or 7-person lane to be shared with other individuals. Splashing may occur. Deep end access is not guaranteed.