

# MISSION VALLEY YMCA SPRING GYMNASIUM SCHEDULE - Last updated April 2, 2024

the Y YMCA	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY					
	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST				
5:00 AM	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball	Adult Open Basketball								
6:00 AM	5 am-7 am	5 am-8 am	5 am-7 am	5 am-8 am	5 am-7 am	5 am-8 am	5 am-7 am	5 am-8 am	5 am-7 am	5 am-8 am	Adult Open Basketball	Adult Open Basketball						
7:00 AM	Intermediate/Advanced Adult Pickleball	Intermediate/Advanced Adult Pickleball	Beginner/Low Intermediate Adult Pickleball	Beginner/Low Intermediate Adult Pickleball	Intermediate/Advanced Adult PB	Intermediate/Advanced Adult PB	Beginner/Low Intermediate Adult Pickleball	Beginner/Low Intermediate Adult PB	Intermediate/Advanced Adult Pickleball	Intermediate Advanced Adult PB	6 am-8 am	6 am-8 am	Adult Open Basketball	Adult Open Basketball				
8:00 AM	7 am-11 am	8 am-11 am	7 am-11 am	8 am-11 am	7 am-11 am	8 am-11 am	7 am-11 am	8 am-11 am	7 am-11 am	8 am-11 am	Youth Sports	Youth Sports	7-9:30 am	7-9:30 am				
9:00 AM																		
10:00 AM																		
11:00 AM	Adult Pick Up Basketball	Adult Pick Up Basketball	Adult Pick Up	PB Lessons (\$)	Adult Pick Up Basketball	Adult Pick Up Basketball	Adult Pick Up	PB Lessons (\$)	Adult Pick Up Basketball	Adult Pick Up Basketball					Women's Basketball 50+	Women's Basketball 50+		
12:00 PM	11 am-1:30 pm	11 am-3 pm	Men's Basketball (45+)	Men's Basketball (45+)	11 am-1:30 pm	11 am-1 pm	Men's Basketball (45+)	Men's Basketball (45+)	11 am-1:30 pm	11 am-1 pm	8:00 am-3:45 pm	8:00 am-3:45 pm	9:30-3 pm	9:30-4 pm				
1:00 PM						WBB 50+ 1-2 pm				WBB 50+ 1-2 pm								
2:00 PM	Adult Pick Up Volleyball		12 pm-3 pm	12 pm-3 pm	Adult Pick Up Volleyball	Adult Pick Up 2-3 pm	12 pm-3 pm	12 pm-3 pm	Adult Pick Up Volleyball	Men's Bball (45+) 2-3 pm								
3:00 PM	1:30-4 pm	PB Lessons (\$)	Open Play 3-4 pm	PB Lessons (\$)	1:30-4 pm	PB Lessons (\$)	Open Play 3-4 pm	PB Lessons (\$)	1:30-4 pm	PB Lessons (\$)			Family PB 3-4:30 pm					
4:00 PM	Youth Sports	Youth Sports	Youth Sports	Youth Sports			Youth Sports	Youth Sports	Open Play Basketball	Open Play Basketball	All Levels Adult PB 3:45-5pm	All Levels Adult Pickleball 3:45-5:50 pm	Open Play Basketball 4:30-5:50 pm	Open Play Basketball 4-5:50 pm				
5:00 PM	4 pm-6pm	4 pm-6pm	4 pm-6pm	4 pm-6pm			4 pm-6pm	4 pm-6pm	4-5:30 pm	4-5:30 pm								
6:00 PM	Adult Basketball League	Adult Basketball League	Adult Volleyball League	Adult Volleyball League	Youth Sports	Youth Sports	Women's Basketball 50+	Women's Basketball 50+	All Levels Adult Pickleball	All Levels Adult Pickleball								
7:00 PM	6-9:00 pm	6-9:00 pm	6-8:50 pm	6-8:50 pm	4-8:50 pm	4-8:50 pm	6-8:30 pm	6-8:30 pm	5:30-8:50 pm	5:30-8:50 pm	<b>MISSION VALLEY TEXT ALERTS</b> TEXT CODE BELOW TO 619-558-5388 TO SUBSCRIBE: MVFACILITY - Adjustments to MV hours, closures, parking updates and more. MVGYM - Adjustments to MV Gymnasium schedule. MVPOOL - Adjustments to MV pool schedules.							
8:00 PM							Open Play 8:30-8:50 pm	Open Play 8:30-8:50 pm										
9:00 PM																		

CHILDREN ARE NOT ALLOWED IN THE COURTS DURING PICK UP GAMES | AGES 12 AND UNDER MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES | ADULT = 18+  
 AGES 13+ ARE ABLE TO USE THE COURTS DURING BASKETBALL OPEN PLAY WITHOUT ADULT PRESENT | TIME ALLOTTED IS FOR SET-UP AND BREAKDOWN