

# Mill Valley Recreation Pool Schedule | AUGUST 15th - SEPTEMBER 4th

Updated 7/27/22

Pool Schedule Subject to Change

## MAIN POOL/"LANES"

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	Lap Swim (1 lane) Water Walking (2 lanes) 10:30-11:30	Open Swim 9:05-12:00	Open Swim 9:05-12:00
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	<b>POOL CLOSED</b> 12:00-1:30	Lap Swim (3 lanes) 11:35-2:00	<b>POOL CLOSED</b> 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)
Open Swim 3:30-6:30	Open Swim 3:30-6:30	Open Swim 3:30-6:30	Open Swim 3:30-6:30	Private Pool Program 4:05-6:00 <b>Registered Users Only</b> (no hot tub)		
	Water Aerobics (2 lanes) Lap Swim (1 lane) 5:30-6:30		Water Aerobics (2 lanes) Lap Swim (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	<b>CLOSED 4:00pm</b>	<b>CLOSED 4:30pm</b>	<b>CLOSED 4:30pm</b>
<b>CLOSED 7:30pm</b>	<b>CLOSED 7:30pm</b>	<b>CLOSED 7:30pm</b>	<b>CLOSED 7:30pm</b>			

## 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		Family Swim 10:30-12:00	Family Swim 9:05-12:00
Water Walking 11:35-2:00	<b>POOL CLOSED</b> 12:00-1:30	Water Walking 11:35-2:00	<b>POOL CLOSED</b> 12:00-1:30	Family Swim 12:05-4:00pm	Water Walking 12:05-1:25	Water Walking 12:05-1:25
Family Swim 2:05-6:30	Family Swim 1:30-6:30	Family Swim 2:05-6:30	Family Swim 1:30-6:30	Private Pool Program 4:05-6:00 <b>Registered Users Only</b> (no hot tub)	Family Swim 1:30-4:30	Family Swim 1:30-4:30
Family Swim 6:35-7:30	Water Walking 6:35-7:30	Family Swim 6:35-7:30	Water Walking 6:35-7:30	<b>CLOSED 4:00pm</b>	<b>CLOSED 4:30pm</b>	<b>CLOSED 4:30pm</b>
<b>CLOSED 7:30pm</b>	<b>CLOSED 7:30pm</b>	<b>CLOSED 7:30pm</b>	<b>CLOSED 7:30pm</b>			



**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.

**GYM HOURS:** Monday-Thursday 6:00am-7:30pm | Friday 6:00am-6:00pm | Saturday-Sunday 8:15am-4:30pm