

Mill Valley Recreation Pool Schedule | JUNE 13th - AUGUST 5th

Updated 6/28/22

Pool Schedule Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Walking (Cove area) 6:00am-8:55am Lap Swim (3 lanes) 6:00am-8:25am	Lap Swim (3 lanes) Water Walking (Cove area) 6:00am-8:25am	Water Walking (Cove area) 6:00am-8:55am Lap Swim (3 lanes) 6:00am-8:25am	Lap Swim (3 lanes) Water Walking (Cove area) 6:00am-8:25am	Lap Swim (3 lanes) Water Walking (Cove area) 6:00am-8:25am	CLOSED	CLOSED
	Aqua Intensity 8:30am-9:25am		Aqua Intensity 8:30am-9:25am			
Water Aerobics 8:30am-9:25am (2 lanes)	Water RX 9:30am-10:25am	Water Aerobics 8:30am-9:25am (2 lanes)	Water RX 9:30am-10:25am	Lap Swim (3 lanes) Water Walking (Cove area) 6:00am-1:30pm	Lap Swim (3 lanes) Water Walking (Cove area) 8:15am-9:00am	Lap Swim (3 lanes) Water Walking (Cove area) 8:15am-9:00am
Lap Swim (2 lanes) 9:30am-10:25am		Lap Swim (2 lanes) 9:30am-10:25am				
Camp Swim Lessons 9:00am-12:00pm <i>Registered Users Only</i>	Camp Swim Lessons 9:00am-12:00pm <i>Registered Users Only</i>	Camp Swim Lessons 9:00am-12:00pm <i>Registered Users Only</i>	Camp Swim Lessons 9:00am-12:00pm <i>Registered Users Only</i>	Lap Swim (1 lane) Open Swim (2 lanes & Cove) 1:30pm-4:00pm (No slide)	Swim Lessons 9:05am-12:00pm <i>Registered Users Only</i>	Swim Lessons 9:05am-12:00pm <i>Registered Users Only</i>
Lap Swim (3 lanes) Water Walking (Cove area) 12:05pm-1:30pm	CLOSED 12:00pm-1:30pm	Lap Swim (3 lanes) Water Walking (Cove area) 12:05pm-1:30pm	CLOSED 12:00pm-1:30pm			
Open Swim 1:35pm-3:25pm	Lap Swim (1 lane) Water Walk (2 lanes) Family Swim (Cove area) 1:30pm-3:25pm	Open Swim 1:35pm-3:25pm	Lap Swim (1 lane) Water Walk (2 lanes) Family Swim (Cove area) 1:30pm-3:25pm	CLOSED	Open Swim 1:30pm-4:30pm (Slide open)	Open Swim 1:30pm-4:30pm (Slide open)
Swim Lessons 3:30pm-6:00pm <i>Registered Users Only</i>	Swim Lessons 3:30pm-6:00pm <i>Registered Users Only</i>	Swim Lessons 3:30pm-6:00pm <i>Registered Users Only</i>	Swim Lessons 3:30pm-6:00pm <i>Registered Users Only</i>			
Lap Swim (3 lanes) Family Swim (Cove area) 6:05pm-7:30pm	Water Aerobics (2 lanes) 5:30pm-6:25pm	Lap Swim (3 lanes) Family Swim (Cove area) 6:05pm-7:30pm	Water Aerobics (2 lanes) 5:30pm-6:25pm	CLOSED	CLOSED	CLOSED
	Lap Swim (1 lane) 6:00pm-6:30pm		Lap Swim (1 lane) 6:00pm-6:30pm			
	Lap Swim (3 lanes) Water Walk (Cove area) 6:30pm-7:30pm		Lap Swim (3 lanes) Water Walk (Cove area) 6:30pm-7:30pm			
CLOSED	CLOSED	CLOSED	CLOSED			



**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

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) 10:30-12:00	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	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)
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 Registered Users Only (no hot tub)	CLOSED 4:30pm	CLOSED 4:30pm
	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	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		Family Swim 10:30-12:00	Family Swim 9:05-12:00
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 2:05-6:30	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 Registered Users Only (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	CLOSED 4:00pm	CLOSED 4:30pm	CLOSED 4:30pm
CLOSED 7:30pm	CLOSED 7:30pm	CLOSED 7:30pm	CLOSED 7:30pm			



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