Updated 6/28/23

# Mill Valley Recreation Summer Pool Schedule | June 20 - August 11, 2023

**MAIN POOL/"LANES" | Pool Closed: 6/19, 7/4, 8/12-8/20 | HOLIDAY POOL SCHEDULE 7/1-7/7**

** Pool Schedule Subject to Change **

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| Lap Swim (3 lanes)<br>6:00am-9:25am | Lap Swim (3 lanes)<br>6:00am-8:25am<br>Aqua Intensity<br>8:30am-9:25am | Lap Swim (3 lanes)<br>6:00am-9:25am | Lap Swim (3 lanes)<br>6:00am-8:25am<br>Aqua Intensity<br>8:30am-9:25am | Lap Swim (3 lanes)<br>6:00am-12:30pm | Lap Swim (3 lanes)<br>8:15am-9:00am | Lap Swim (3 lanes)<br>8:15am-9:00am |
| Water Aerobics (2 lanes)<br>9:30am-10:25am | Water RX (2 lanes)<br>9:30am-10:25am | Water Aerobics (2 lanes)<br>9:30am-10:25am | Water RX (2 lanes)<br>9:30am-10:25am | | Swim Lessons<br>9:00am-12:00pm<br>**Registered Users Only**<br>**(no spa)** | Swim Lessons<br>9:00am-12:00pm<br>**Registered Users Only**<br>**(no spa)** |
| Camp Swim Lessons<br>9:30am-12:00pm<br>**Registered Users Only**<br>**(no spa)** | Camp Swim Lessons<br>9:30am-12:00pm<br>**Registered Users Only**<br>**(no spa)** | Camp Swim Lessons<br>9:30am-12:00pm<br>**Registered Users Only**<br>**(no spa)** | Camp Swim Lessons<br>9:30am-12:00pm<br>**Registered Users Only**<br>**(no spa)** | | | |
| Lap Swim (3 lanes)<br>12:05pm-1:30pm | POOL CLOSED<br>12:00pm-1:30pm | Lap Swim (3 lanes)<br>12:05pm-1:30pm | POOL CLOSED<br>12:00pm-1:30pm | Lap Swim (1 lane)<br>Water Walking (2 lanes)<br>12:35pm-1:30pm | Lap Swim (3 lanes)<br>12:05pm-1:25pm | Lap Swim (3 lanes)<br>12:05pm-1:25pm |
| Recreation/Open Swim<br>1:35pm-3:25pm | Lap Swim (1 lane)<br>Water Walking (2 lanes)<br>1:30pm-3:25pm | Recreation/Open Swim<br>1:35pm-3:25pm | Lap Swim (1 lane)<br>Water Walking (2 lanes)<br>1:30pm-3:25pm | Recreation/Open Swim<br>1:35am-4:00pm (no slide) | Recreation/Open Swim<br>1:30pm-4:30pm<br>(Slide open) | Recreation/Open Swim<br>1:30pm-4:30pm<br>(Slide open) |
| Swim Lessons<br>3:25pm-6:30pm<br>**Registered Users Only**<br>**(no spa)** | Swim Lessons<br>3:25pm-6:30pm<br>**Registered Users Only**<br>**(no spa)**<br>Water Aerobics (2 lanes)<br>Swim Lessons (1 lane)<br>5:30pm-6:30pm | Swim Lessons<br>3:25pm-6:30pm<br>**Registered Users Only**<br>**(no spa)** | Swim Lessons<br>3:25pm-6:30pm<br>**Registered Users Only**<br>**(no spa)**<br>Water Aerobics (2 lanes)<br>Swim Lessons (1 lane)<br>5:30pm-6:30pm | CLOSED 4:00pm | CLOSED 4:30pm | CLOSED 4:30pm |
| Lap Swim (3 lanes)<br>6:35pm-7:30pm | Lap Swim (3 lanes)<br>6:35pm-7:30pm | Lap Swim (3 lanes)<br>6:35pm-7:30pm | Lap Swim (3 lanes)<br>6:35pm-7:30pm | | | |
| 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<br>6:00am-8:55am | Water Walking<br>6:00am-8:55am | Water Walking<br>6:00am-8:55am | Water Walking<br>6:00am-8:55am | Water Walking<br>6:00am-12:00pm | Water Walking<br>8:15am-9:00am | Water Walking<br>8:15am-9:00am |
| Camp Swim Lessons<br>9:00am-12:00pm<br>**Registered Users Only**<br>**(no spa)** | Camp Swim Lessons<br>9:00am-12:00pm<br>**Registered Users Only**<br>**(no spa)** | Camp Swim Lessons<br>9:00am-12:00pm<br>**Registered Users Only**<br>**(no spa)** | Camp Swim Lessons<br>9:00am-12:00pm<br>**Registered Users Only**<br>**(no spa)** | | Swim Lessons<br>9:00am-12:00pm<br>**Registered Users Only**<br>**(no spa)** | Swim Lessons<br>9:00am-12:00pm<br>**Registered Users Only**<br>**(no spa)** |
| Water Walking<br>12:05pm-1:30pm | POOL CLOSED<br>12:00pm-1:30pm | Water Walking<br>12:05pm-1:30pm | POOL CLOSED<br>12:00pm-1:30pm | | Water Walking<br>12:05pm-1:25pm | Water Walking<br>12:05pm-1:25pm |
| Family Swim<br>1:35pm-3:25pm | Family Swim<br>1:30pm-3:25pm | Family Swim<br>1:35pm-3:25pm | Family Swim<br>1:30pm-3:25pm | Family Swim<br>12:05pm-4:00pm | Family Swim<br>1:30pm-4:30pm | Family Swim<br>1:30pm-4:30pm |
| Swim Lessons<br>3:25pm-6:30pm<br>**Registered Users Only**<br>**(no spa)** | Swim Lessons<br>3:25pm-6:30pm<br>**Registered Users Only**<br>**(no spa)** | Swim Lessons<br>3:25pm-6:30pm<br>**Registered Users Only**<br>**(no spa)** | Swim Lessons<br>3:25pm-6:30pm<br>**Registered Users Only**<br>**(no spa)** | | | |
| Family Swim<br>6:35pm-7:30pm | Water Walking<br>6:35pm-7:30pm | Family Swim<br>6:35pm-7:30pm | Water Walking<br>6:35pm-7:30pm | CLOSED 4:00pm | | |
| CLOSED 7:30pm | CLOSED 7:30pm | CLOSED 7:30pm | CLOSED 7:30pm | | CLOSED 4:30pm | CLOSED 4:30pm |

**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.

**PLEASE NOTE:** Locker rooms will be **CLOSED** daily from 2:00pm - 2:15pm for cleaning

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

# POOL PROGRAM DESCRIPTIONS

All Aquatics and Fitness Center Guidelines, Policies and Rules apply. All pool toys / equipment are subject to staff / lifeguard approval.

### Family Swim

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

### 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.

### Lap Swim

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.

### Recreation/Open Swim

An area of the pool is open for free swim and play. The water slide is open during weekend open swim. **Lap swimming is not permitted during 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.
**Please Note:** Pool Party rentals may occur during Recreation/Open Swim on Saturdays and Sundays from 1:30pm-3:30pm.

### Swim Lessons

- Open to the public for ages 6-months-adult.
- Children under 3 years may register for parent/ child classes.
- Children ages 3 to 15 years may register for 8-levels of group lessons.
- Private lessons are available for children, adults and seniors.

Due to the high popularity of the swim lesson program there may be lessons occurring in lap lanes or various areas of the pool at any time. For more information on the MVR Swim Lesson Program, please refer to pages 52-55. Pool schedules indicate when the entire pool or a portion may be closed for the MVR swimming lesson program.

### Shared Space

The MVR pool is a highly popular and well-used City of Mill Valley facility. Every effort is made to equally and fairly schedule time among all user groups. During shared-use times please abide by the Facility Guidelines, Code of Conduct and respect all users.