

MISSION VALLEY YMCA GYMNASIUM SCHEDULE - Winter 2025 (Jan-Mar)

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	5-7 am	5-8 am	5-7 am	5-8 am	5-7 am	5-8 am	5-7 am	5-8 am	5-7 am	5-8 am	Adult Open Basketball	Adult Open Basketball				
7:00 AM									Intermediate/Advanced Adult Pickleball		6-8 am	6-8 am	Adult Open Basketball	Adult Open Basketball		
8:00 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	Beginner/Low Intermediate Adult PB	Intermediate Advanced Adult PB	Youth Sports Programming 8 am-4 pm	Youth Sports Programming Basketball 8 am-4 pm	7-9:30 am	7-9:30 am		
9:00 AM	7-11 am	8-11 am	7-11 am	8-11 am	7-11 am	8-11 am	7-11 am	8 am-11 am	7-9:30 am	8-9:30 am						
10:00 AM									Beginner/Low Intermediate Adult PB	Beginner/Low Intermediate Adult PB						
11:00 AM	Adult Pick Up Basketball	Adult Pick Up Basketball	Adult Pick Up 11-12 pm	PB Lessons (\$) 11-12 pm	Adult Pick Up Basketball	Adult Pick Up Basketball	Adult Pick Up 11-12 pm	PB Lessons (\$) 11-12 pm	Adult Pick Up Basketball	Adult Pick Up Basketball					Women's Basketball 50+	Women's Basketball 50+
12:00 PM	11-1:30 pm	11-3 pm	Men's Basketball (45+)	Men's Basketball (45+)	11-1:30pm	11-1 pm	Men's Basketball (45+)	Men's Basketball (45+)	11-1:30 pm	11-1 pm	WBB 50+ 1-2 pm	Men's Bball (45+) 2-3 pm	9:30-3 pm	9:30-4 pm		
1:00 PM			12-3 pm	12-3 pm			12-3 pm	12-3 pm								
2:00 PM	Adult Pick Up Volleyball				Adult Pick Up Volleyball	Adult Pick Up 2-3 pm			Adult Pick Up Volleyball							
3:00 PM	1:30-4:30pm	PB Lessons (\$) 3-5 pm	Open Play 3-4:30 pm	PB Lessons (\$) 3-5 pm	1:30-4:30 pm	PB Lessons (\$) 3-5 pm	Family Open Play Basketball 3-5 pm	PB Lessons (\$) 3-5 pm	1:30-4 pm	PB Lessons (\$) 3-4 pm			Family PB 3-4:30 pm			
4:00 PM									Open Play Basketball	Open Play Basketball	All Levels 13+ Pickleball 4:15-5:50pm	All Levels Adult Pickleball 4:15-5:50 pm	Family Open Play Basketball	Open Play Basketball		
5:00 PM	Sports Programming	Sports Programming	Sports Programming	Sports Programming	Sports Programming	Sports Programming	Sports Programming	Sports Programming	4-5:30 pm	4-5:30 pm					4:30-5:50 pm	4-5:50 pm
6:00 PM	4:30-8:50 pm	5-8:50 pm	4:30-8:50 pm	5-8:50 pm	4:30-8 pm	4:30-8 pm	4:30-8:50 pm	5-8:50 pm	5:30-8:50 pm	5:30-8:50 pm						
7:00 PM											BASKETBALL COURT CLOSURES: 2/20: Closed for Pickleball 10-11:30 am 3/27: Closed for Pickleball 10-11:30 am Text MVGYM to 619-558-5388 to receive gymnasium updates on your phone.					
8:00 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