### Summer Pool Schedule

**Main Pool/"Lanes"** | **Pool Closed: July 4th**

**JUNE 24TH - AUGUST 9TH**

#### Summer Pool Schedule

**Registered Users Only**

**Water Aerobics (2 lanes)**

- **9:00am-12:00pm**
- **12:05pm-1:30pm**

**Family Swim/Camp Swim**

- **9:00am-12:00pm**
- **12:05pm-1:30pm**

**Recreation/Open Swim (2 lanes)**

- **9:00am-12:00pm**
- **12:05pm-1:30pm**

**Swim Lessons (1 lane)**

- **9:00am-10:00am**
- **1:30pm-2:40pm**

**Lap Swim (3 lanes)**

- **9:00am-10:00am**
- **1:30pm-2:40pm**

**Swim Lessons (3:25pm-6:30pm)**

- **9:00am-10:00am**
- **1:30pm-2:40pm**

**Camp Swim Lessons**

- **9:00am-12:00pm**
- **1:30pm-2:40pm**

**SELF-LED WATER AEROBICS PERMITTED**

- **Monday**: 12:05pm-1:30pm
- **Tuesday**: 12:05pm-1:25pm
- **Wednesday**: 12:05pm-1:30pm
- **Thursday**: 12:05pm-1:25pm
- **Friday**: 12:05pm-1:30pm
- **Saturday**: 12:05pm-1:25pm
- **Sunday**: 12:05pm-1:30pm

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

**Pool Schedule Subject to Change**

**Updated 7/10/24**

---

### Shallow End "Cove Area"

**Pool Closed: July 4th**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap Swim (3 lanes)</td>
<td>6:00am-8:55am</td>
<td>Lap Swim (3 lanes)</td>
<td>Lap Swim (3 lanes)</td>
<td>Lap Swim (3 lanes)</td>
<td>Lap Swim (3 lanes)</td>
<td>Lap Swim (3 lanes)</td>
</tr>
<tr>
<td>Camp Swim Lessons</td>
<td>9:00am-12:00pm</td>
<td>Camp Swim Lessons (no spa)</td>
<td>Camp Swim Lessons (no spa)</td>
<td>Camp Swim Lessons (no spa)</td>
<td>Camp Swim Lessons (no spa)</td>
<td>Camp Swim Lessons (no spa)</td>
</tr>
<tr>
<td>Camp Swim Lessons</td>
<td>9:00am-12:00pm</td>
<td>Camp Swim Lessons (no spa)</td>
<td>Camp Swim Lessons (no spa)</td>
<td>Camp Swim Lessons (no spa)</td>
<td>Camp Swim Lessons (no spa)</td>
<td>Camp Swim Lessons (no spa)</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Participation Required**

- **Swim Lessons**
- **Family Swim/Camp Swim**
- **Recreation/Open Swim**
- **Lap Swim**

**Pool Closed: 7:30pm**

---

**For Group Fitness exclusion dates, please refer to our monthly Group Fitness Class schedule at MyMVR.org**

Self-led water aerobics permitted during class exclusion dates (no lap swimming allowed).

**Please Note:**

**Pool Closed: July 4th**

---

**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.