



Aquatics Schedule Effective June 2025

This document is updated on a periodic basis. Please call the pool for the most accurate hours.

Lap Swim- Summer 2025							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Allied Gardens*	7:30am-3pm 3:30pm-6pm	9am-3pm 3:30pm-6pm	7:30am-3pm 3:30pm-6pm	9am-3pm 3:30pm-6pm	7:30am-12pm 4pm-6pm	12pm-4pm	
Bud Kearns*	12pm-3:30pm 4:30pm-6pm	10:15am-6pm 7pm-8:30pm	12pm-3:30pm 4:30pm-6pm	10:15am-6pm 7pm-8:30pm	12pm-3:30pm 4:30pm-6pm	10:15am-12:45pm 1:30pm-3:30pm	
Carmel Mountain	7am - 11am 11:30am-6pm	10:30am - 3pm 3:30pm-6pm	7am - 11am 11:30am-6pm	10:30am - 3pm 3:30pm-6pm	7am - 11am 11:30am-6pm	12:00pm - 1:45pm 2:15pm-4pm	
Carmel Valley	11:30am-2pm 2:45pm-5:00pm	11:30am-2pm 2:45pm-5:00pm	11:30am-2pm 2:45pm-5:00pm	11:30am-2pm 2:45pm-5:00pm			11:30 am - 2:00 pm
City Heights	8am-4:00pm 5pm-7:30pm	8am-4:00pm	8am-4:00pm 5pm-7:30pm	8am-4:00pm	8am-4:00pm	12:00-4:00pm 5:00pm-8pm	11am-12:45pm 1:15pm-3pm
Clairemont	Pool Closed for Renovations October 26, 2024 - Winter 2025						
Colina Del Sol		11am-2:15pm 3pm-5:30pm	11am-2:15pm 3pm-5:30pm	11am-2:15pm 3pm-5:30pm	11am-2:15pm 3pm-5:30pm	11:00 am - 4:00 pm	
Kearny Mesa	12pm-1:45pm 2:45pm-4pm	12pm-1:45pm 2:45pm-4pm	12pm-1:45pm 2:45pm-4pm	12pm-1:45pm 2:45pm-4pm			12:00 pm - 3:00 pm
Martin Luther King	Pool Closed for Renovations November 4, 2024 - Fall 2025						
Memorial	10:00 am - 4:00 pm	10:00 am - 4:00 pm	10:00 am - 4:00 pm	10:00 am - 4:00 pm	10:00 am - 4:00 pm	2pm-3:45pm 4:15pm-6pm	
Ned Baumer	10:15 am - 11:30 am 12:15pm - 3:30pm	10:15 am - 11:30 am 12:15pm - 3:30pm	10:15 am - 11:30 am 12:15pm - 3:30pm	10:15 am - 11:30 am 12:15pm - 3:30pm	8:00 am - 3:00pm	11:30 am - 2:45pm	
Swanson	10am-12:30pm 1pm-3pm	10am-12:30pm 1pm-3pm	10am-12:30pm 1pm-3pm	10am-12:30pm 1pm-3pm	1:00pm - 3:00 pm	10:00 am - 3:00 pm	
Standley	9:30am-12:30pm 1:00pm-4:45pm 6:15pm-8:30pm	7am-12:30pm 1:00pm-4:45pm	9:30am-12:30pm 1:00pm-4:45pm	7am-12:30pm 1:00pm-4:45pm			11:00 am - 4:00 pm
Tierrasanta	10am-6pm 7pm-8:30pm	12:30m-3:30pm 4:30pm-7:00pm	10am-6pm 7pm-8:30pm	12:30m-3:30pm 4:30pm-7:00pm	10am-12pm 1pm-4:30pm	12pm-4pm	
Vista Terrace	11:30 am - 2:45 pm	11:30 am - 2:45 pm	11:30 am - 2:45 pm			11:30am-2:45pm 3:30pm-5pm	

* Limited lanes at certain times of day. Please call ahead.

Pool Closed June 19, July 4, September 1

See next page for Recreation Swim Hours

Recreational Swim- Summer 2025							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Allied Gardens	12:00 3:00pm	12:00 3:00pm	12:00 3:00pm	12:00 3:00pm		12:00 4:00pm	
Bud Kearns	12:00 3:00pm	12:00 3:00pm 7:00-8:00pm	12:00 3:00pm	12:00 3:00pm 7:00-8:00pm	12:00 3:00pm	10:15am-12:45pm 1:30pm-3:30pm	
Carmel Mountain	12pm-3pm	12pm-3pm	12pm-3pm	12pm-3pm	12pm-3pm	12pm-1:45pm 2:15pm-4pm	
Carmel Valley	12:30 pm - 2:00 pm	12:30 pm - 2:00 pm	12:30 pm - 2:00 pm	12:30 pm - 2:00 pm			12:30 pm - 2:00 pm
City Heights**	1pm-4:00pm	1pm-4:00pm	1pm-4:00pm	1pm-4:00pm 5:00-8:00pm	1pm-4:00pm 5:00-8:00pm	1:00-4:00pm 5:00-8:00pm	11am-12:45pm 1:15pm-3pm
Clairemont	Pool Closed for Renovations October 26, 2024 - Winter 2025						
Colina Del Sol				12:15pm-2:15pm 3pm-5pm	12:15pm-2:15pm 3pm-5pm	1:30 pm - 4:00 pm	
Kearny Mesa		12pm-1:45pm 2:45pm-4pm		12pm-1:45pm 2:45pm-4pm			12 pm - 3:00 pm
Martin Luther King	Pool Closed for Renovations November 4, 2024 - Fall 20252025						
Memorial*	12pm-4pm	12pm-4pm	12pm-4pm	12pm-4pm	5 pm - 8 pm	2:00pm-3:45pm 4:15pm-6pm	
Ned Baumer	12:15 pm - 2:45 pm	12:15 pm - 2:45 pm	12:15 pm - 2:45 pm	12:15 pm - 2:45 pm	9:30 am - 3:00 pm	11:30 am - 2:45 pm	
Swanson	1:00 pm - 3:00 pm	1:00 pm - 3:00 pm	1:00 pm - 3:00 pm	1:00 pm - 3:00 pm		1:00 pm - 3:00 pm	
Standley***	1:00 pm - 3:00 pm	1:00 pm - 3:00 pm	1:00 pm - 3:00 pm	1:00 pm - 3:00 pm		1:00 pm - 3:45 pm	
Tierrasanta**	12pm-3:30pm 7pm-8:30pm	12:30pm-3:30pm 4:30pm-7:00pm	12pm-3:30pm 7pm-8:30pm	12:30pm-3:30pm 4:30pm-7:00pm	10am-12pm 1:00pm-4:30pm	12pm-4pm	
Vista Terrace	11:30am-12:45pm	11:30am-12:45pm	11:30am-12:45pm			11:30am-2:45pm 3:30pm-5pm	

* Limited lanes at certain times of day. Please call ahead.

**Operation of the slides & children's pool is dependent on multiple factors. Please call ahead.

***Shallow end only

Pool Closed June 19, July 4, September 1

See next page for Water Fitness Hours

Water Fitness - Summer 2025							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Allied Gardens	8:00 am - 9:00 am		8:00 am - 9:00 am		8:00 am - 9:00 am	11am-12pm Deep End	
Bud Kearns**		9:00 am - 10:00 am		9:00 am - 10:00 am		9am-10am 10:30am-11:30am	
Carmel Mountain	9:00 am - 10:00 am		9:00 am - 10:00 am		9:00 am - 10:00 am	12:00-1:00pm Deep End	
Carmel Valley	11:30am-12:30pm	11:30am-12:30pm	11:30am-12:30pm	11:30am-12:30pm			11:30am-12:30pm
City Heights	5:30pm-6:30pm		5:30pm-6:30pm				11:00am-12:00pm
Clairemont	Pool Closed for Renovations October 26, 2024 - Winter 2025						
Colina Del Sol		11:15am-12:15pm		11:15am-12:15pm		12:15 pm - 1:15 pm	
		5:30-6:30pm		5:30-6:30pm			
Kearny Mesa		10am-11am*	5pm-6pm	10am-11am*			10am-11am*
		11am-12pm		11am-12pm			11am-12pm
Martin Luther King	Pool Closed for Renovations November 4, 2024 - Fall 2025						
Memorial	10:30 am - 11:30 am		10:30 am - 11:30 am		10:30 am - 11:30 am		
Ned Baumer	8:15 am - 9:15 am		8:15 am - 9:15 am		8:15 am - 9:15 am		
Swanson	9:30 am - 10:30 am	11:15am-12:15pm*	9:30 am - 10:30 am	11:15am-12:15pm*		10am-11am	
Standley**	9:30 - 10:30 am**	9:30 - 10:30 am**	9:30 - 10:30 am**	9:30 - 10:30 am**			11:00am -12:00 pm**
Tierrasanta*	11am-12pm		11am-12pm		11am-12pm**		11am-12pm**
Vista Terrace		Water Walking 12-3pm	Water Walking 12-3pm	Water Walking 12-3pm	Water Walking 12-3pm	Water Walking 12-3pm	
		5:00-6:00pm		5:00-6:00pm			

*Arthritis class

**Deep end only

Pool Closed June 19, July 4, September 1

ALL PARTICIPANTS MUST SIGN A WAIVER PRIOR TO THE START OF CLASS