



Aquatics Schedule Effective March 16, 2026

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

Lap Swim- Spring 2026							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Allied Gardens*	7:30am-12:30pm 1:30pm-6:00pm	1:30pm-7:30pm	7:30am-12:30pm 1:30pm-6:00pm	1:30pm-7:30pm	7:30am-12:30pm 1:30pm-6:00pm	1:00pm-4:00pm	
Bud Kearns*	12:00pm-7:00pm	10:15am-8:30pm	12:00pm-7:00pm	10:15am-8:30pm	12:00pm-7:00pm	1:30pm-3:30pm	
Carmel Mountain	7:00am-5:00pm	10:30am-6:00pm	7:00am-5:00pm	10:30am-6:00pm	7:00am-5:00pm	12:00pm-4:00pm	
Carmel Valley	11:30am-2:00pm	11:30am-2:00pm	11:30am-2:00pm	11:30am-2:00pm			1:00pm-4:00pm
	3:00pm-5:00pm	3:00pm-5:00pm	3:00pm-5:00pm	3:00pm-5:00pm			
City Heights	10:30am-12:00pm	10:30am-12:00pm	10:30am-12:00pm	10:30am-12:00pm	10:30am-12:00pm		11:00am-3:30pm
	1:00pm-5:00pm	1:00pm-5:00pm	1:00pm-5:00pm	1:00pm-5:00pm	1:00pm-5:00pm		
Clairemont	<i>Pool Closed for Renovations October 26, 2024 - Spring 2026</i>						
Colina Del Sol		11:00am-5:00pm		11:00am-5:00pm	1:00 pm - 5:00 pm	12:00pm-4:00pm	
Kearny Mesa	2:30pm-5:00pm	12:00pm-2:00pm	2:30pm-5:00pm	12:00pm-2:00pm			12:00pm-3:00pm
		3:00pm-5:00pm		3:00pm-5:00pm			3:30pm-5:00pm
Martin Luther King	<i>Pool Closed for Renovations November 4, 2024 - Spring 2026</i>						
Memorial	10:00am-4:00pm	10:00am-4:00pm	10:00am-4:00pm	10:00am-4:00pm	10:00am-4:00pm	12:00pm-4:00pm	
Ned Baumer	8:00am-2:45pm	12:45pm-2:45pm	8:00am-2:45pm	12:45pm-2:45pm	8:00am-2:45pm		
Swanson			11:00am-3:30pm		11:00am-3:30pm	11:30am-4:00pm	
Standley	7:00pm-8:30pm	7:00am-2:00pm	7:00pm-8:30pm	7:00am-2:00pm			11:00am-4:00pm
Tierrasanta	10:00am - 3:00pm	12:00pm - 3:00pm	10:00am - 3:00pm	12:00pm - 3:00pm	10:00am - 3:00pm		
	6:00am- 8:00pm	4:00pm - 8:00pm	6:00am- 8:00pm	4:00pm - 8:00pm	6:00am- 8:00pm		
Vista Terrace	2:00pm-6:00pm	2:00pm-6:00pm		2:00pm-6:00pm			11:30am-4:00pm

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

Pool Closed March 31, May 20, 25, 30.

See next page for Recreation Swim Hours



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

Recreational Swim- Spring 2026

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Allied Gardens	9:30am-12:30pm 1:30pm-4:00pm	1:30pm-4:00pm	9:30am-12:30pm 1:30pm-4:00pm	1:30pm-4:00pm	9:30am-12:30pm 1:30pm-4:00pm	1:00pm-4:00pm	
Bud Kearns		12:00pm-3:00pm		12:00pm-3:00pm		10:15am-12:45pm 1:30pm-3:30pm	
Carmel Mountain	12:00pm-4:00pm	12:00pm-4:00pm	12:00pm-4:00pm	12:00pm-4:00pm	12:00pm-4:00pm	12:00pm-4:00pm	
Carmel Valley	12:30pm-2:00pm	12:30pm-2:00pm	12:30pm-2:00pm	12:30pm-2:00pm			2:30pm-4:00pm
City Heights**			1:00pm-5:00pm				12:00pm-3:00pm
Clairemont	<i>Pool Closed for Renovations October 26, 2024 - Spring 2026</i>						
Colina Del Sol		1:30pm-5:00pm		1:30pm-5:00pm	1:00 pm - 5:00 pm	1:30pm-4:00pm	
Kearny Mesa	2:30pm-5:00pm	12:00pm-2:00pm 3:00pm-5:00pm	2:30pm-5:00pm	12:00pm-2:00pm 3:00pm-5:00pm			12:00pm-3:00pm 3:30pm-5:00pm
Martin Luther King	<i>Pool Closed for Renovations November 4, 2024 - Spring 2026</i>						
Memorial*	12:00pm-4:00pm	12:00pm-4:00pm	12:00pm-4:00pm	12:00pm-4:00pm	12:00pm-4:00pm	12:00pm-4:00pm	
Ned Baumer	8:00am-2:45pm	12:45pm-2:45pm	8:00am-2:45pm	12:45pm-2:45pm	8:00am-2:45pm		
Swanson			1:00pm-3:00pm		1:00pm-3:00pm	1:00pm-4:00pm	
Standley***	7:00pm-8:30pm		7:00pm-8:30pm				11:00am-4:00pm
Tierrasanta**	12:00pm - 3:00pm 4:00pm - 8:00pm	4:00pm - 8:00pm	12:00pm - 3:00pm 4:00pm - 8:00pm	4:00pm - 8:00pm	12:00pm - 3:00pm 4:00pm - 8:00pm		
Vista Terrace	2:00pm-6:00pm	2:00pm-6:00pm		2:00pm-6:00pm			11:30am-4:00pm

* 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 March 31, May 20, 25, 30.

See next page for Water Fitness Hours



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

Water Fitness - Spring 2026							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Allied Gardens	9:00 am - 10:00 am	12:00 pm - 1:00 pm	9:00 am - 10:00 am	12:00 pm - 1:00 pm	9:00 am - 10:00 am		
Bud Kearns**		9:00am-10:00am		9:00am-10:00am		9:00am-10:00am 10:30am-11:30am	
Carmel Mountain	9:00am-10:00am		9:00am-10:00am		9:00am-10:00am	12:00pm-1:00pm	
Carmel Valley	11:30am-12:30pm	11:30am-12:30pm	11:30am-12:30pm	11:30am-12:30pm			1:00pm-2:00pm
City Heights	5:30pm-6:30pm		5:30pm-6:30pm				11:00am-12:00pm
Clairemont	<i>Pool Closed for Renovations October 26, 2024 - Spring 2026</i>						
Colina Del Sol		11:45am-12:45pm 5:30pm-6:30pm		11:45am-12:45pm 5:30pm-6:30pm		12:15pm-1:15pm	
Kearny Mesa	5:00pm-6:00pm	10:00am-11:00am 11:00am-12:00pm	5:00pm-6:00pm	10:00am-11:00am 11:00am-12:00pm			10:00am-11:00am 11:00am-12:00pm
Martin Luther King	<i>Pool Closed for Renovations November 4, 2024 - Spring 2026</i>						
Memorial	10:30am-11:30am	6:00pm-7:00pm	10:30am-11:30am	6:00pm-7:00pm	10:30am-11:30am		
Ned Baumer							
Swanson			9:45am - 10:45am		9:45am - 10:45am	11:30am-12:30pm	
Standley**		9:30am-10:30am		9:30am-10:30am			11:15am-12:15pm
Tierrasanta*	11:00am - 12:00pm		11:00am -12:00pm		11:00am -12:00pm		
Vista Terrace		6:00pm-7:00pm		6:00pm-7:00pm			

*Arthritis class

**Deep end only

Pool Closed March 31, May 20, 25, 30.

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