



2018 Fall Pool Schedule

August 5th – October 27th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP EXERCISE (Ages 14+)	–	11:30a-12:30p (Deep Water)	12:00p-1:00p	11:30a-12:30p	12:00p-1:00p	11:30a-12:30p	11:45a-12:45p
LAP (Ages 14+)	1:00p-3:00p ^{1,2} 3:30p-5:30p ^{1,2}	5:30a-1:00p ^{1,2} 3:30p-5:30p ^{1,2}	5:30a-2:00p ^{1,2}	5:30a-1:00p ^{1,2} 3:30p-5:30p ^{1,2}	5:30a-2:00p ^{1,2}	5:30a-1:00p ^{1,2} 3:30p-5:30p ^{1,2} 6:00p-8:00p ^{1,2}	1:00p-3:00p ^{1,2} 3:30p-5:30p ^{1,2}
LAP POOL RECREATIONAL/ FAMILY SWIM (All ages)	1:00p-3:00p ² 3:30p-5:30p ²	3:30p-5:30p ²	N/A	3:30p-5:30p ²	N/A	3:30p-5:30p ² 6:00p-8:00p ²	1:00p-3:00p ² 3:30p-5:30p ²
ACTIVITY POOL RECREATIONAL/ FAMILY SWIM (All ages)	N/A	N/A	3:30p-6:30p	N/A	3:30p-6:30p	N/A	1:00p-3:00p ² 3:30p-5:30p ²
SUHSD/ Pool Rental[^] (Pool closed to public)	–	5:30p-10:00p	7:30p-10:00p	5:30p-10:00p	7:30p-10:00p	–	–
Swim Lessons	–	–	3:30p-7:00p (T/TH)	–	3:30p-7:00p (T/TH)	–	9:00a-1:00p
Masters Swim	–	6:00a-7:15a	6:00a-7:15a	6:00a-7:15a	6:00a-7:15a	6:00a-7:15a	–

1. There will be 2-4 lap lanes available based on pool space needed.
2. Swim fees only apply to one session.
3. This schedule is subject to change, as needed.

[^] National City relies on rental revenue to support pool operations to open the pool to the public. As such, at times, space is reserved for the Sweetwater Union High School District (SUHSD) and local youth club teams.