MONDAY

JCC SF

REC POOL SCHEDULE

- 5:30 AM – 7:00 AM: RECREATION & FAMILY SWIM
- 7:00 AM – 9:00 AM: RECREATION & FAMILY SWIM
- 9:00 AM – 10:00 AM: LESSONS
- 9:00 AM – 11:00 AM: REC & FAMILY SWIM
- 10:00 AM – 11:00 AM: REC & FAMILY SWIM
- NOON – 1:00 PM: ADULT SWIM
- 2:00 PM – 3:00 PM: RECREATION & FAMILY SWIM
- 3:00 PM – 5:00 PM: LESSONS
- 3:00 PM – 5:00 PM: REC & FAMILY SWIM
- 5:00 PM – 6;00 PM: LESSONS
- 5:00 PM – 6;00 PM: REC & FAMILY SWIM
- 6;00 PM – 9:45 PM: RECREATION & FAMILY SWIM

LAP POOL SCHEDULE

- 5:30 AM – 7:00 AM: LAP SWIM
- 7:00 AM – 8:00 AM: LAP SWIM
- 8:00 AM – 9:00 AM: LAP SWIM
- 9:00 AM – 10:00 AM: SHALLOW WATER AQUA FIT
- 10:00 AM – 11:00 AM: LAP SWIM
- 11:00 AM – 1:00 PM: LAP SWIM
- 1:00 PM – 2:00 PM: LAP SWIM
- 2:00 PM – 3:00 PM: LAP SWIM
- 3:00 PM – 4:00 PM: LESSONS
- 4:00 PM – 5:00 PM: LAP SWIM
- 5:00 PM – 7:00 PM: LESSONS
- 7:00 PM – 8:00 PM: LAP SWIM
- 8:00 PM – 9:45 PM: LAP SWIM

- 5:30 AM – 7:00 AM: LAP SWIM
- 7:00 AM – 8:00 AM: AQUA FIT
- 8:00 AM – 9:00 AM: LAP SWIM
- 9:00 AM – 10:00 AM: DEEP WATER AQUA FIT
- 10:00 AM – 9:45 PM: LAP SWIM

Rec Pool and Lap Pool lanes are unavailable outside of Recreation & Family Swim and Lap Swim. Lap lane availability is subject to change.

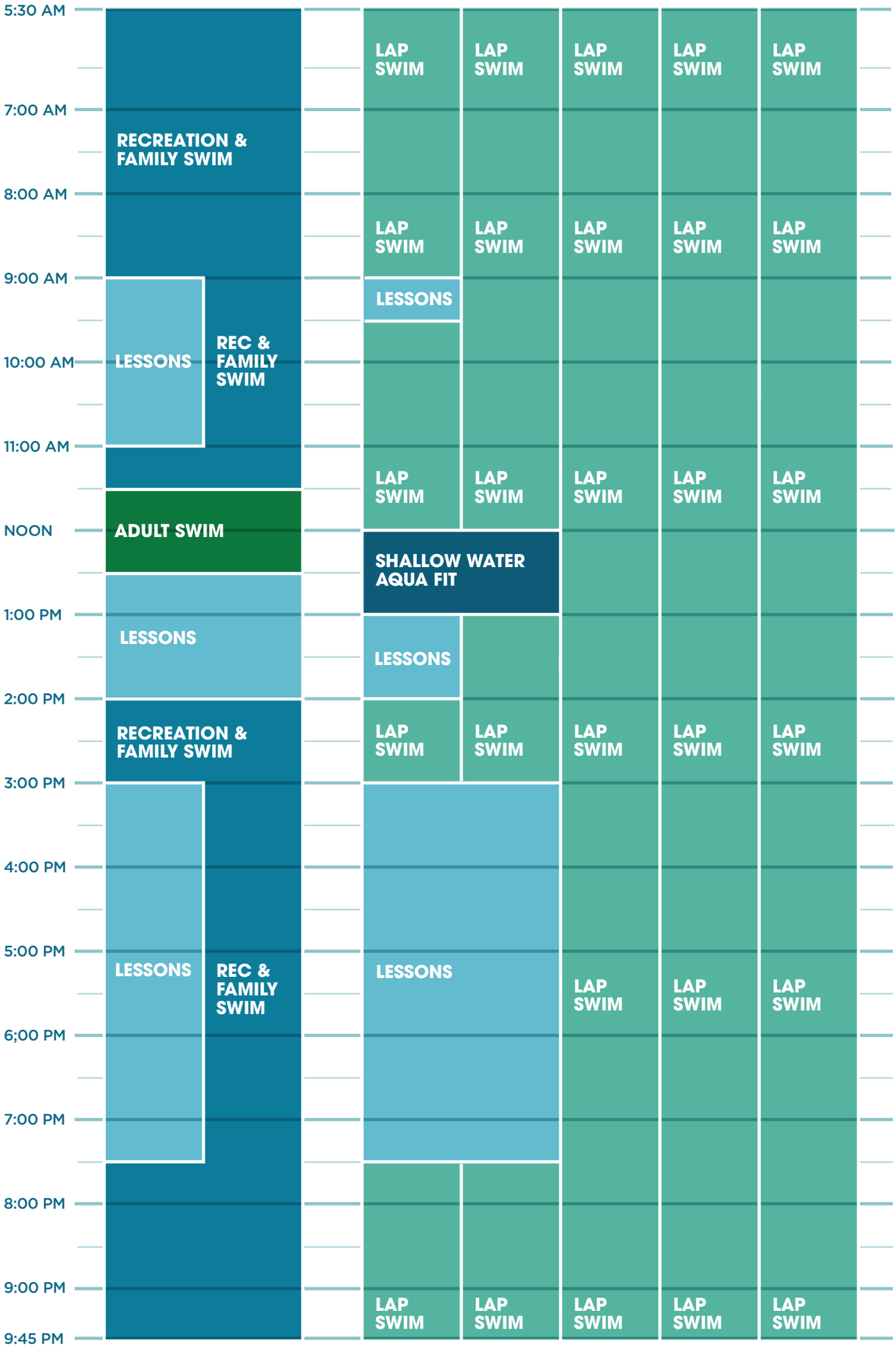
Updated 11/18/26

TUESDAY

JCCSF

REC POOL SCHEDULE

LAP POOL SCHEDULE



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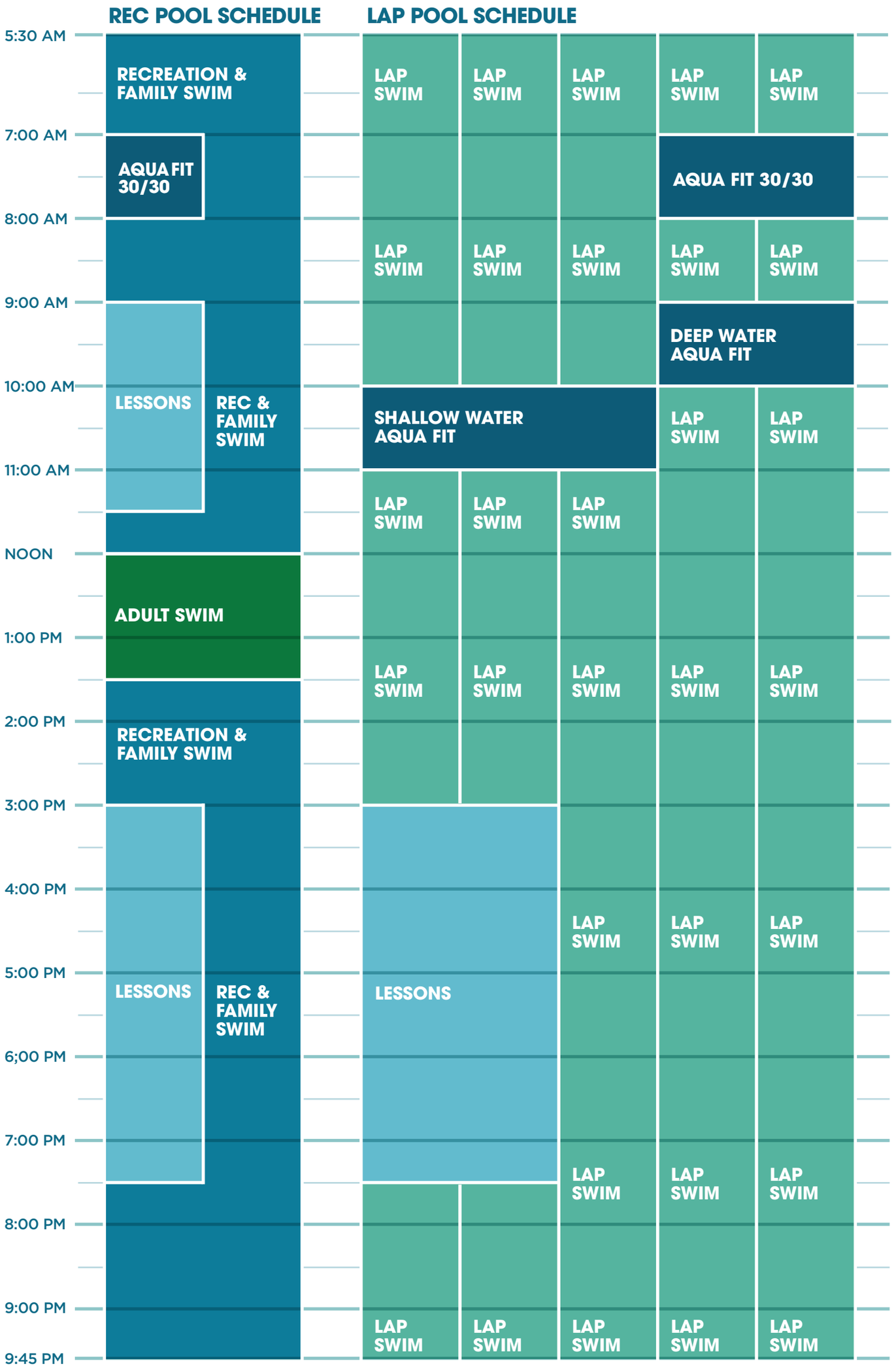
Updated 11/18/26

WEDNESDAY



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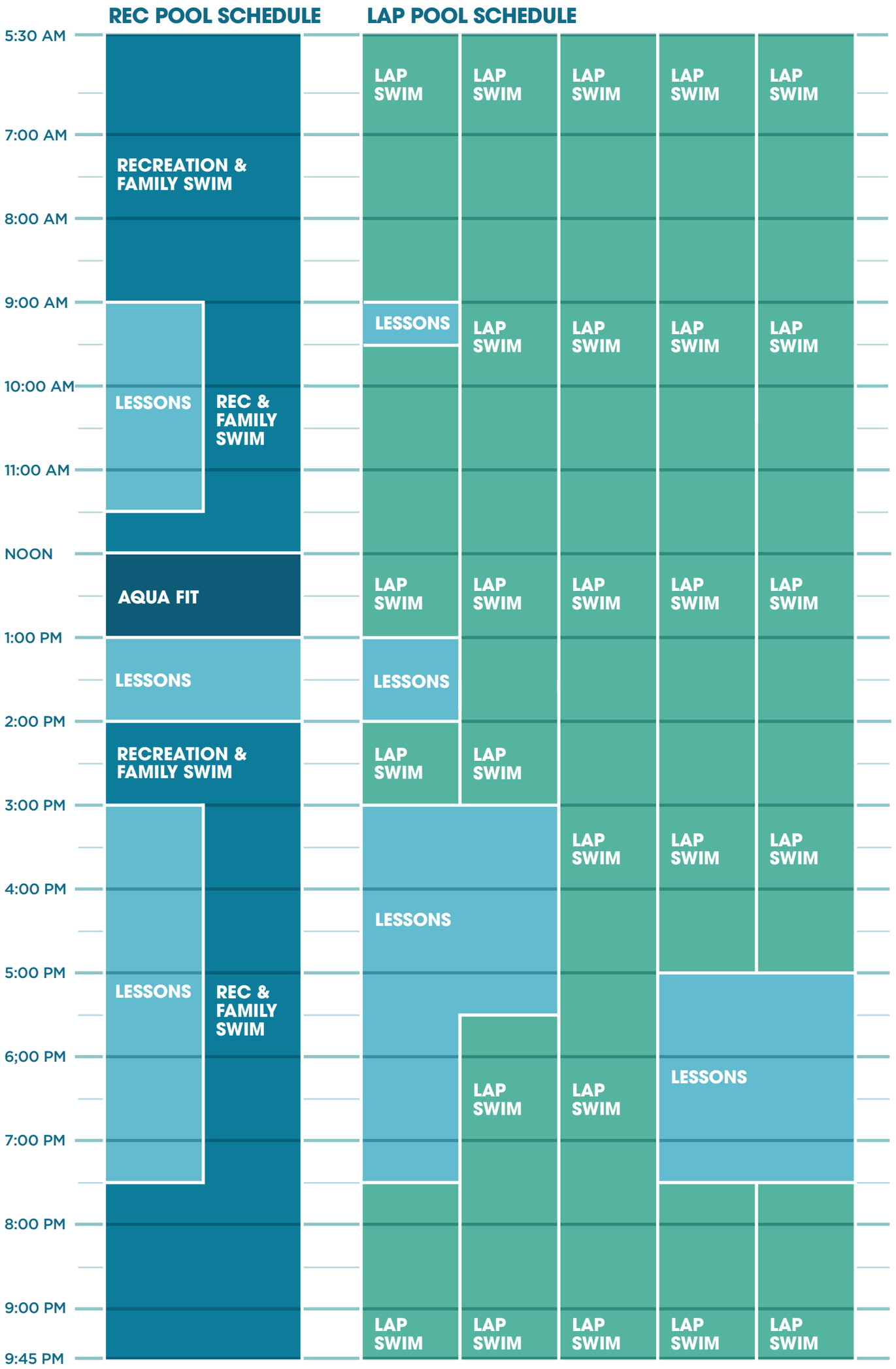
Updated 11/18/26

THURSDAY



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Updated 11/18/26

FRIDAY

JCCSF

REC POOL SCHEDULE

- 5:30 AM – 9:00 AM: RECREATION & FAMILY SWIM
- 9:00 AM – 10:00 AM: LESSONS
- 10:00 AM – 11:00 AM: LESSONS
- 11:00 AM – NOON: LESSONS
- NOON – 1:00 PM: ADULT SWIM
- 1:00 PM – 2:00 PM: LESSONS
- 2:00 PM – 3:00 PM: LESSONS
- 3:00 PM – 4:00 PM: REC & FAMILY SWIM
- 4:00 PM – 5:00 PM: REC & FAMILY SWIM
- 5:00 PM – 6;00 PM: REC & FAMILY SWIM
- 6;00 PM – 7:00 PM: REC & FAMILY SWIM
- 7:00 PM – 8:00 PM: RECREATION & FAMILY SWIM
- 8:00 PM – 9:00 PM: RECREATION & FAMILY SWIM
- 9:00 PM – 9:45 PM: RECREATION & FAMILY SWIM

LAP POOL SCHEDULE

- 5:30 AM – 9:00 AM: LAP SWIM
- 9:00 AM – 10:00 AM: LAP SWIM
- 10:00 AM – 11:00 AM: SHALLOW WATER AQUA FIT
- 11:00 AM – 1:00 PM: LAP SWIM
- 1:00 PM – 2:00 PM: LAP SWIM
- 2:00 PM – 3:00 PM: LESSONS
- 3:00 PM – 4:00 PM: LESSONS
- 4:00 PM – 5:00 PM: LAP SWIM
- 5:00 PM – 6;00 PM: LESSONS
- 6;00 PM – 7:00 PM: LAP SWIM
- 7:00 PM – 8:00 PM: LAP SWIM
- 8:00 PM – 9:00 PM: LAP SWIM
- 9:00 PM – 9:45 PM: LAP SWIM

- 5:30 AM – 9:00 AM: LAP SWIM
- 9:00 AM – 10:00 AM: DEEP WATER AQUA FIT
- 10:00 AM – 11:00 AM: LAP SWIM
- 11:00 AM – 1:00 PM: LAP SWIM
- 1:00 PM – 2:00 PM: LAP SWIM
- 2:00 PM – 3:00 PM: LAP SWIM
- 3:00 PM – 4:00 PM: LAP SWIM
- 4:00 PM – 5:00 PM: LAP SWIM
- 5:00 PM – 6;00 PM: LESSONS
- 6;00 PM – 7:00 PM: LAP SWIM
- 7:00 PM – 8:00 PM: LAP SWIM
- 8:00 PM – 9:00 PM: LAP SWIM
- 9:00 PM – 9:45 PM: LAP SWIM

- 5:30 AM – 9:00 AM: LAP SWIM
- 10:00 AM – 11:00 AM: LAP SWIM
- 11:00 AM – 1:00 PM: LAP SWIM
- 1:00 PM – 2:00 PM: LAP SWIM
- 2:00 PM – 3:00 PM: LAP SWIM
- 3:00 PM – 4:00 PM: LAP SWIM
- 4:00 PM – 5:00 PM: LESSONS
- 6;00 PM – 7:00 PM: LAP SWIM
- 7:00 PM – 8:00 PM: LAP SWIM
- 8:00 PM – 9:00 PM: LAP SWIM
- 9:00 PM – 9:45 PM: LAP SWIM

- 5:30 AM – 9:00 AM: LAP SWIM
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- 8:00 PM – 9:00 PM: LAP SWIM
- 9:00 PM – 9:45 PM: LAP SWIM

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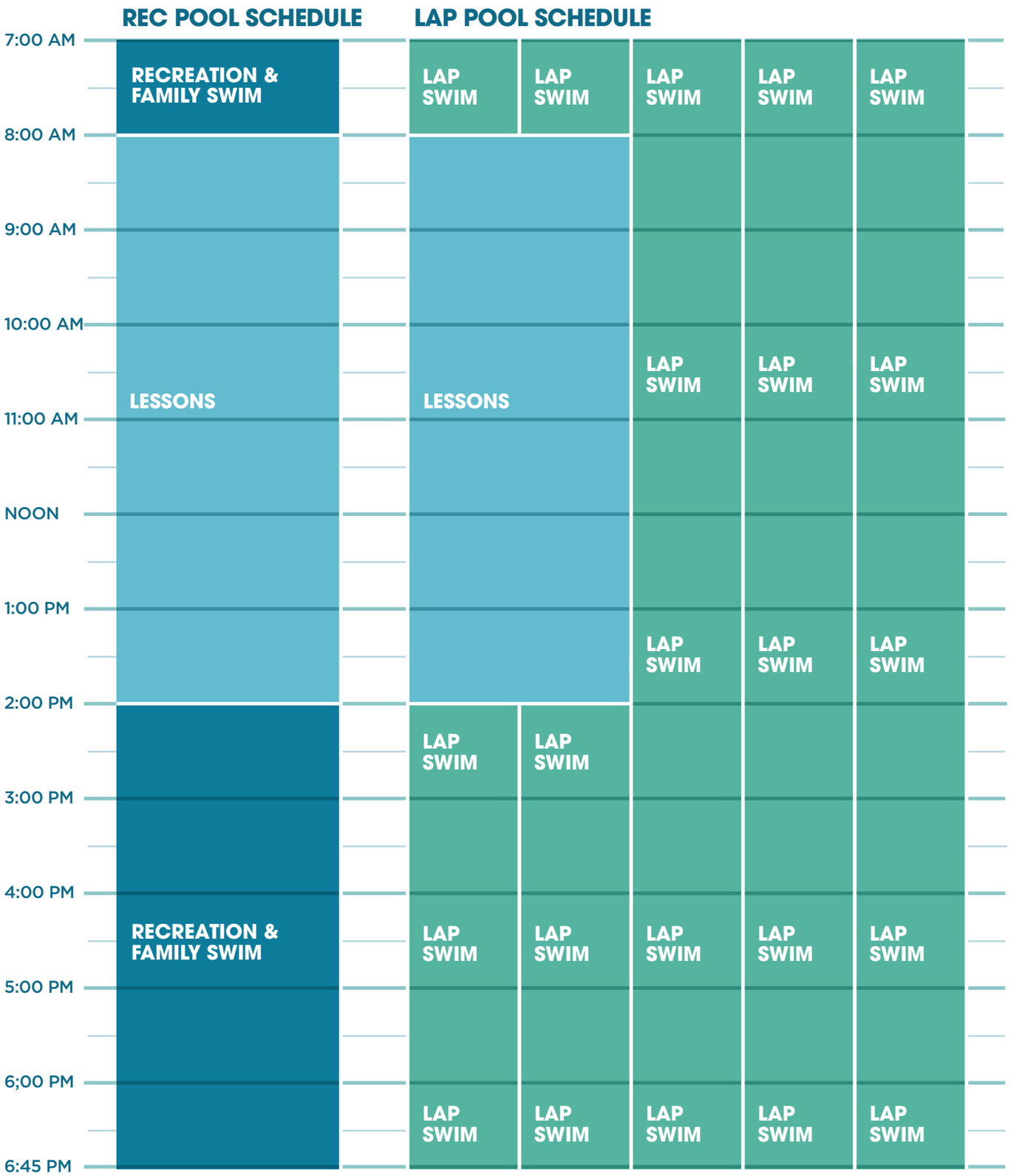
Updated 11/18/26

SATURDAY



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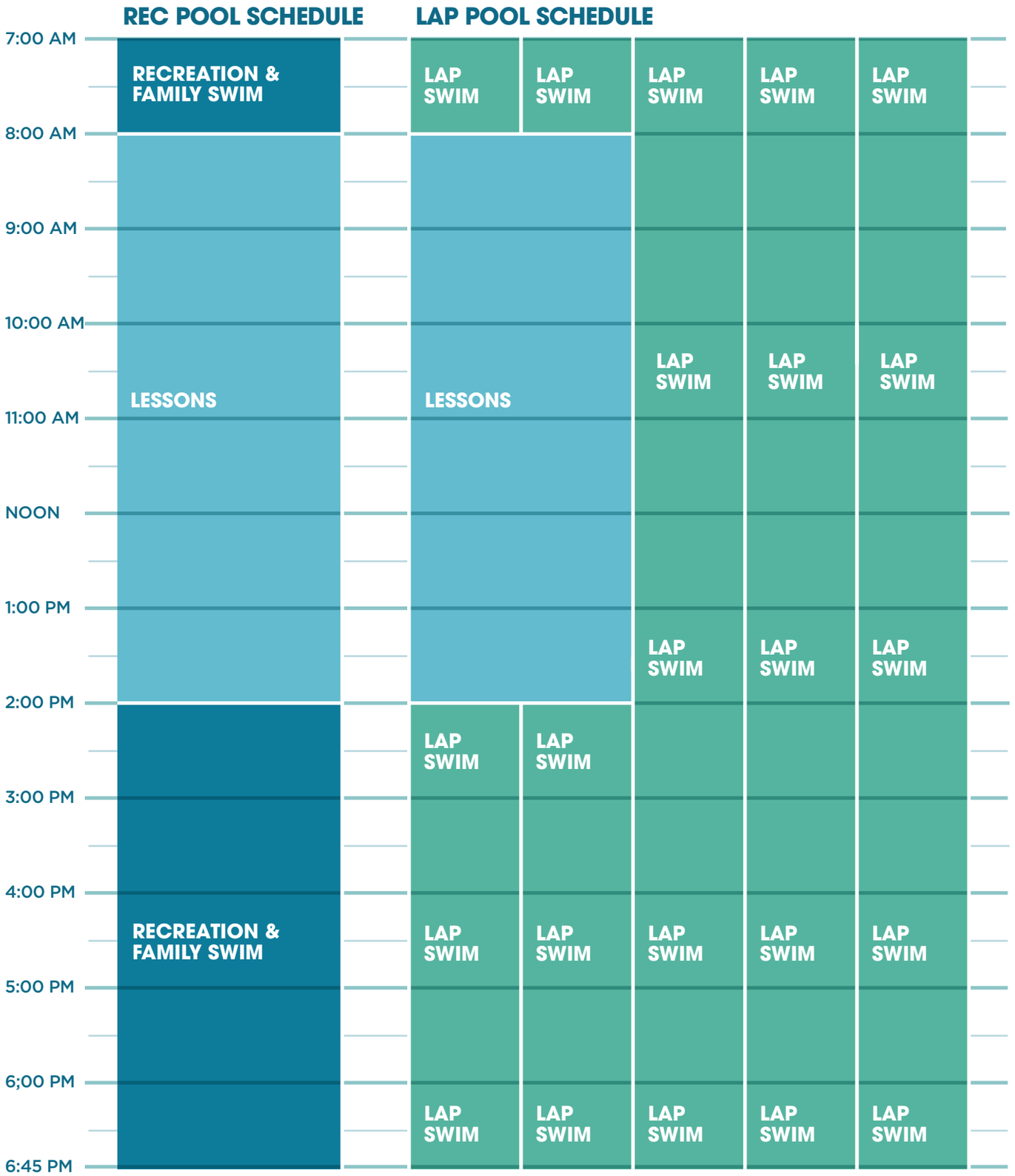
Updated 11/18/26

SUNDAY



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