

May Indoor Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-8:00am Adults Only (18+) (LL)	6:00am-8:45am Open Swim (LL)	6:00am-7:15am Adults Only (18+) (LL)	6:00am-8:45am Open Swim (LL)	6:00am-8:00am Adults Only (18+) (LL)	7:00am-9:00am Open Swim (LL)	7:00am-9:00am Adults Only (18+) (LL)
8:00am-8:45am Open Swim	8:45am-9:45am Water Stretch	7:15am-8:15am Aquasculpt Class (\$)	8:45am-9:45am Water Stretch	8:00am-8:45am Open Swim	9:00am-3:00pm Swim Lessons (\$)	9:00am-3:00pm Swim Lessons (\$)
8:45am-9:45am Aquacise*	10:00am-12:00pm Swim Lessons (\$)	8:15am-8:45am Open Swim	10:00am-12:00pm Swim Lessons (\$)	8:45am-9:45am Aquacise*	3:00pm-6:45pm Open Swim	3:00pm-6:45pm Open Swim
10:00am-12:00pm Swim Lessons (\$)	12:00pm-1:00pm Hydrotherapy Class (\$)	8:45am-9:45am Aquacise*	12:00pm-1:00pm Hydrotherapy Class (\$)	10:00am-12:00pm Swim Lessons (\$)	JCC Closes at 7:00pm	JCC Closes at 7:00pm
12:00pm-1:00pm Hydrotherapy Class (\$)	1:00pm-2:00pm Adults Only (18+)	10:00am-12:00pm Swim Lessons (\$)	1:00pm-2:00pm Adults Only (18+)	12:00pm-1:00pm Hydrotherapy Class (\$)		
1:00pm-2:00pm Adults Only (18+)	2:00pm-3:00pm Arthritis Class (\$)	12:00pm-1:00pm Hydrotherapy Class (\$)	2:00pm-3:00pm Arthritis Class (\$)	1:00pm-2:00pm Adults Only (18+)		
2:00pm-3:00pm Open Swim	3:00pm-6:00pm Swim Lessons (\$)	1:00pm-2:00pm Adults Only (18+)	3:00pm-6:00pm Swim Lessons (\$)	2:00pm-3:00pm Open Swim		
3:00pm-6:00pm Swim Lessons (\$)	6:00pm-7:00pm Aquacise*	2:00pm-3:00pm Parkinson's Class (\$)	6:00pm-7:00pm Aquacise*	3:00pm-6:00pm Swim Lessons (\$)		
6:00pm-7:45pm Open Swim	7:00pm-7:45pm Open Swim	3:00pm-7:45pm Swim Lessons (\$)	7:00pm-7:45pm Open Swim	6:00pm-6:45pm Open Swim		

JCC Closes at 8:00pm

JCC Closes at 8:00pm

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SCHEDULE LEGEND:

- Open Swim
- Aquatic Fitness Class
- Swim Lessons
- Hydrotherapy Class
- Adults Only

Updated 04/27/2026

*Please check our Group Fitness schedule for any Aquacise Class updates online at www.marinjc.org
 Holiday Schedule: OPEN regular business hours May 5, 10, 21, 22, 23. H&F and Aquatics OPEN 8am-4pm May 25
 Tot Pool: OPEN May 1st - October 31st