

INDOOR POOL SCHEDULE • SEPTEMBER 2026

Please check our Group Fitness Schedule for any Aquacise Class updates online at www.marinjcc.org

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	6 AM – 8 PM	6 AM – 8 PM	6 AM – 8 PM	6 AM – 8 PM	6 AM – 7 PM	7 AM – 7 PM	7 AM – 7 PM		
6 AM	6–8 AM Adults Only 18+ (LL)	6–8:45 AM Open Swim (LL)	6–8 AM Adults Only 18+ (LL)	6–8:45 AM Open Swim (LL)	6–8 AM Adults Only 18+ (LL)	CLOSED	CLOSED		
:30						7–9 AM Open Swim (LL)	7–9 AM Adults Only 18+ (LL)		
7 AM									
:30	8–8:45 AM Aquacise*	8:45–9:45 AM Water Stretch	8–8:45 AM Open Swim	8:45–9:45 AM Water Stretch	8–8:45 AM Aquacise*				
8 AM	8:45–10 AM Open Swim		8:45–10 AM Open Swim						
:30						9 AM–3 PM Swim Lessons (\$)	9 AM–3 PM Swim Lessons (\$)		
9 AM	10 AM–12 PM Swim Lessons (\$)	10 AM–12 PM Swim Lessons (\$)	10 AM–12 PM Swim Lessons (\$)	10 AM–12 PM Swim Lessons (\$)	10 AM–12 PM Swim Lessons (\$)				
:30									
10 AM	12–1 PM Hydrotherapy Class (\$)	12–1 PM Hydrotherapy Class (\$)	12–1 PM Hydrotherapy Class (\$)	12–1 PM Hydrotherapy Class (\$)	12–1 PM Hydrotherapy Class (\$)				
:30	1–2 PM Adults Only 18+	1–2 PM Adults Only 18+	1–2 PM Adults Only 18+	1–2 PM Adults Only 18+	1–2 PM Adults Only 18+				
11 AM	2–3 PM Open Swim	2–3 PM Arthritis Class (\$)	2–3 PM Parkinson's Class (\$)	2–3 PM Arthritis Class (\$)	2–3 PM Open Swim				
:30	3–6 PM Swim Lessons (\$)	3–6 PM Swim Lessons (\$)	3–7:45 PM Swim Lessons (\$)	3–6 PM Swim Lessons (\$)	3–6 PM Swim Lessons (\$)				
12 PM								3–6:45 PM Open Swim	3–6:45 PM Open Swim
:30									
1 PM									
:30									
2 PM	6–7:45 PM Open Swim	6–7:45 PM Open Swim		6–6:45 PM Open Swim					
:30									
3 PM					CLOSED				
:30									
4 PM								CLOSED	
:30									
5 PM					CLOSED				
:30									
6 PM	6–7:45 PM Open Swim	6–7:45 PM Open Swim		6–7:45 PM Open Swim					
:30									
7 PM					CLOSED	CLOSED	CLOSED		
:30									
LEGEND	Open Swim		Aquatic Fitness Class	Swim Lessons	Therapy Class	Adults Only (18+)	Pool Closed		

(\$) Additional fee applies. (LL) Lap lanes. * See the Group Fitness schedule above.
Tot Pool open May 1 – October 31. Osher Marin JCC • 200 North San Pedro Rd, San Rafael • 415.444.8000 • marinjcc.org