INDOOR POOL SCHEDULE • NOVEMBER – DECEMBER 2026

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

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