

INDOOR POOL SCHEDULE • OCTOBER 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	6–8:45 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						7–9 AM Open Swim (LL)	7–9 AM Adults Only 18+ (LL)
7 AM							
:30	8:45–9:45 AM Aquacise*	8:45–9:45 AM Water Stretch	8–8:45 AM Open Swim	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 (\$)
8 AM							
:30							
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							
:30	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 (\$)		
11 AM							
: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+		
12 PM							
:30	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		
1 PM							
: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 (\$)		
2 PM							
:30							
3 PM	6–7:45 PM Open Swim	6–7:45 PM Open Swim		6–7:45 PM Open Swim	3–6:45 PM Open Swim	3–6:45 PM Open Swim	
:30							
4 PM							
:30	6–6:45 PM Open Swim	CLOSED	CLOSED				
5 PM							
:30	6–7:45 PM Open Swim	6–7:45 PM Open Swim	6–7:45 PM Open Swim	6–7:45 PM Open Swim	CLOSED	CLOSED	
6 PM							
:30							
7 PM	6–7:45 PM Open Swim	6–7:45 PM Open Swim	6–7:45 PM Open Swim	6–7:45 PM Open Swim	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