



# Indoor Pool Schedule | July 2025

Outdoor Pool schedule on the reverse side

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 am – 10:00 am Lap Swim (3 lanes) WW (1 lane) Open Swim (Shallow end only)	5:00 am – 7:55 am Lap Swim (3 lanes) WW (1 lane) Open Swim (Shallow end only)	5:00 am – 8:55 am Lap Swim (3 lanes) WW (1 lane) Open Swim (Shallow end only)	5:00 am – 7:55 am Lap Swim (3 lanes) WW (1 lane) Open Swim (Shallow end only)	5:00 am – 8:55 am Lap Swim (3 lanes) WW (1 lane) Open Swim (Shallow end only)	7:00 am – 8:15 am Lap Swim (3 lanes) WW (1 lane) Open Swim (Shallow end only)	7:00 am – 9:30 am Lap Swim (3 lanes) WW (1 lane) Open Swim (Shallow end only)
10:00 am – 12:00 pm Lap Swim (2 lanes) Open Swim	8:00 am – 9:55 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	9:00 am – 9:55 pm Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	8:00 am – 8:55 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	9:00 am – 9:55 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	8:25 – 9:20 am Aqua Fitness Only NO LAP SWIM NO OPEN SWIM	9:30 am – 1:00 pm Group Lessons NO LAP SWIM *OPEN SWIM
12:00 pm – 2:00 pm Lap swim (2 lanes) Open Swim CAMP	10:00 am – 12:00 pm Lap Swim (2 lanes) Open Swim	10:00 am – 12:00 pm Lap Swim (2 lanes) Open Swim	9:00 am – 12:00 pm Lap Swim (2 lanes) Open Swim	10:00 – 12:00 pm Lap Swim (2 lanes) Open Swim	9:30 am – 1:00 pm Group Lessons No Lap Swim *OPEN SWIM	1:00 – 6:30 pm Lap Swim (2 lanes) Private Lessons (1 lane) Open Swim
2:00 pm – 3:30 pm Lap Swim (2 lanes) Open Swim	12:00pm – 2:00 pm Lap swim (2 lanes) Open Swim CAMP	12:00 pm – 2:00 pm Lap swim (2 lanes) Open Swim CAMP	12:00 pm – 2:00 pm Lap swim (2 lanes) Open Swim CAMP	12:00pm – 2:00 pm Lap swim (2 lanes) Open Swim CAMP	1:00 pm – 5:30 pm Lap swim (2 lane) Private Lessons (1 lane) Open Swim	6:30 pm – 7:00 pm POOL CLOSED
3:30 pm – 6:30 pm Group Lessons Lap Swim (1 lane) Open Swim	2:00 pm – 3:30 pm Lap swim (2 lanes) Open Swim	2:00 pm – 6:25 pm Group Lessons Treehouse Swim Lap Swim (1 lane) Open Swim	2:00 pm – 3:30 pm Lap swim (2 lanes) Open Swim	2:00 pm – 6:30 pm Lap swim (2 lane) Private Lessons (1 lane) Open Swim	5:30 pm – 6:00 pm POOL CLOSED	
6:30 pm – 7:30 pm Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	3:30 pm – 7:45 pm Group Lessons Lap Swim (1 lane) Open Swim	6:30 pm – 7:30 pm Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	3:30 pm – 7:45 pm Group Lessons Lap Swim (1 lane) Open Swim	6:30 pm – 7:00 pm Pool Closed	<b>Special Hours</b>  <b>Friday, July 4<sup>th</sup></b> 8:00 am – 1:30 pm	
7:30 pm – 9:30 pm Lap Swim (2 lanes) Open Swim	7:45 pm – 9:30 pm Lap Swim (2 lanes) Open Swim	7:30 pm – 9:30 pm Lap Swim (2 lanes) Open Swim	7:45 pm – 9:30 pm Lap Swim (2 lanes) Open Swim			

\*OPEN SWIM is limited to a small section during this time due to scheduled programs that use various areas of the pool.

For more information, contact the Aquatics Registration Desk at 650.378.2782 or [aquatics@pjcc.org](mailto:aquatics@pjcc.org). Schedule subject to change.

## Important Information

- **Lap Swim:** Swimmers must be able to swim continuous laps.
- **Open Swim:** Play, swim, and relax with family and friends. All children under the age of 7 **must be accompanied by an adult** on site at the pool. All children regardless of age, who require a coast guard–approved flotation device must have a parent in the water with them at all times. All children regardless of age, not fully potty trained **must** wear a nylon swim diaper under their swimsuit. Please review the pool rules before swimming.
- **WW (Water Walking):** This is a low impact exercise in which the participant walks in the water. This is a self–driven exercise time.

**Schedule subject to change.**

For more information, contact the Aquatics Office  
at 650.378.2782 or [aquatics@pjcc.org](mailto:aquatics@pjcc.org).