

# POOL SCHEDULE

NORTH BEACH AQUATICS CENTER

661 LOMBARD ST, SAN FRANCISCO | (415) 391-0407

\$8 ADULTS \$2 CHILDREN | [SFRECPARK.ORG](http://SFRECPARK.ORG)

**WARM POOL**

86°F/30°C, 27 Meters

**Spring 2026**

03/17/2026 - 06/06/2026

| Additional Information  | TUESDAY   | WEDNESDAY | THURSDAY       | FRIDAY                    | SATURDAY       |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
|---|---|-----------|----------------|---------------------------|----------------|----------|------------------|------------------------|----------------|-----------------|---------------|----------|-------------|---|---------------------------|-----------------|----------|------------------|----------------------|-----------------|---------------------------|---------------|---------------|----------------|---------------|----------------|-----------------|----------------|---|----------|----------------|---------------------------|----------------|------------------------|--|---------------|----------|---------------|----------------------|---------------|-----------------|----------------|-------------------------|-------------|--|------------------------|-----------------|----------|------------------|----------------------|-----------------|---------------------------|---------------|---------------|----------------|---------------|----------------|-----------------|----------------|--|--------------------------|----------------|--------------------------|----------------|----------------------|------------------|------------------------|-----------------|-----------------|---------------|-----------------|---------------|
| <p>Participation in program based on capacity.</p> <p>Sauna use during program times only. Adults only.</p> <p>Aerobic Equipment allowed only during Therapy Swims and Self Guided Exercise.</p> <p>Children under 48" must be accompanied by an adult in the water and remain within arms reach at all times.</p> <p>* Swim Lesson by Registration only</p> <p>**San Francisco Unified School District Access only</p> | <table border="1"> <tr><td>LAP SWIM</td></tr> <tr><td>7:30 - 8:30 AM</td></tr> <tr><td>SENIOR SWIM (LAP/THERAPY)</td></tr> <tr><td>8:45 - 10:00AM</td></tr> <tr><td>SFUSD **</td></tr> <tr><td>10:30 - 12:00 PM</td></tr> <tr><td>LAP SWIM (LAP/THERAPY)</td></tr> <tr><td>12:30- 3:00 PM</td></tr> <tr><td>REC/FAMILY SWIM</td></tr> <tr><td>3:30- 5:00 PM</td></tr> <tr><td>LAP SWIM</td></tr> <tr><td>5:30-6:30PM</td></tr> </table> | LAP SWIM  | 7:30 - 8:30 AM | SENIOR SWIM (LAP/THERAPY) | 8:45 - 10:00AM | SFUSD ** | 10:30 - 12:00 PM | LAP SWIM (LAP/THERAPY) | 12:30- 3:00 PM | REC/FAMILY SWIM | 3:30- 5:00 PM | LAP SWIM | 5:30-6:30PM | <table border="1"> <tr><td>SENIOR SWIM (LAP/THERAPY)</td></tr> <tr><td>9:00 - 10:15 AM</td></tr> <tr><td>SFUSD **</td></tr> <tr><td>10:30 - 11:30 AM</td></tr> <tr><td>SELF GUIDED EXERCISE</td></tr> <tr><td>11:45- 12:45 PM</td></tr> <tr><td>SENIOR SWIM (LAP/THERAPY)</td></tr> <tr><td>12:50- 3:15PM</td></tr> <tr><td>SWIM LESSONS*</td></tr> <tr><td>3:45 - 4:15 PM</td></tr> <tr><td>SWIM LESSONS*</td></tr> <tr><td>4:30 - 5:00 PM</td></tr> <tr><td>REC/FAMILY SWIM</td></tr> <tr><td>5:30 - 6:30 PM</td></tr> </table> | SENIOR SWIM (LAP/THERAPY) | 9:00 - 10:15 AM | SFUSD ** | 10:30 - 11:30 AM | SELF GUIDED EXERCISE | 11:45- 12:45 PM | SENIOR SWIM (LAP/THERAPY) | 12:50- 3:15PM | SWIM LESSONS* | 3:45 - 4:15 PM | SWIM LESSONS* | 4:30 - 5:00 PM | REC/FAMILY SWIM | 5:30 - 6:30 PM | <table border="1"> <tr><td>LAP SWIM</td></tr> <tr><td>7:30 - 8:30 AM</td></tr> <tr><td>SENIOR SWIM (LAP/THERAPY)</td></tr> <tr><td>9:00 - 10:30AM</td></tr> <tr><td>LAP SWIM (LAP/THERAPY)</td></tr> <tr><td>CLOSED EVERY 3RD THURS OF THE MONTH FOR TRAINING</td></tr> <tr><td>11:00 2:00 PM</td></tr> <tr><td>Lap Swim</td></tr> <tr><td>2:15- 3:15 pm</td></tr> <tr><td>ADULT SWIM LESSONS *</td></tr> <tr><td>3:20- 3:50 PM</td></tr> <tr><td>REC/FAMILY SWIM</td></tr> <tr><td>4:15 - 5:30 PM</td></tr> <tr><td>DEEP WATER H2O AEROBICS</td></tr> <tr><td>5:30-6:30PM</td></tr> </table> | LAP SWIM | 7:30 - 8:30 AM | SENIOR SWIM (LAP/THERAPY) | 9:00 - 10:30AM | LAP SWIM (LAP/THERAPY) | CLOSED EVERY 3RD THURS OF THE MONTH FOR TRAINING | 11:00 2:00 PM | Lap Swim | 2:15- 3:15 pm | ADULT SWIM LESSONS * | 3:20- 3:50 PM | REC/FAMILY SWIM | 4:15 - 5:30 PM | DEEP WATER H2O AEROBICS | 5:30-6:30PM | <table border="1"> <tr><td>REC/FAMILY—SENIOR SWIM</td></tr> <tr><td>9:00 - 10:15 AM</td></tr> <tr><td>SFUSD **</td></tr> <tr><td>10:30 - 11:30 AM</td></tr> <tr><td>SELF GUIDED EXERCISE</td></tr> <tr><td>11:45- 12:45 PM</td></tr> <tr><td>SENIOR SWIM (LAP/THERAPY)</td></tr> <tr><td>12:50- 3:15PM</td></tr> <tr><td>SWIM LESSONS*</td></tr> <tr><td>3:45 - 4:15 PM</td></tr> <tr><td>SWIM LESSONS*</td></tr> <tr><td>4:30 - 5:00 PM</td></tr> <tr><td>REC/FAMILY SWIM</td></tr> <tr><td>5:30 - 7:00 PM</td></tr> </table> | REC/FAMILY—SENIOR SWIM | 9:00 - 10:15 AM | SFUSD ** | 10:30 - 11:30 AM | SELF GUIDED EXERCISE | 11:45- 12:45 PM | SENIOR SWIM (LAP/THERAPY) | 12:50- 3:15PM | SWIM LESSONS* | 3:45 - 4:15 PM | SWIM LESSONS* | 4:30 - 5:00 PM | REC/FAMILY SWIM | 5:30 - 7:00 PM | <table border="1"> <tr><td>SWIM LESSONS LEVEL 1,3 *</td></tr> <tr><td>9:00 - 9:30 AM</td></tr> <tr><td>SWIM LESSONS LEVEL 2,3 *</td></tr> <tr><td>9:45- 10:15 AM</td></tr> <tr><td>PRE-SCHOOL LESSONS *</td></tr> <tr><td>10:30 - 11:00 AM</td></tr> <tr><td>LAP SWIM (LAP/THERAPY)</td></tr> <tr><td>12:00 – 1:15 PM</td></tr> <tr><td>REC/FAMILY SWIM</td></tr> <tr><td>1:45– 3:00 PM</td></tr> <tr><td>REC/FAMILY SWIM</td></tr> <tr><td>3:30- 5:00 PM</td></tr> </table> | SWIM LESSONS LEVEL 1,3 * | 9:00 - 9:30 AM | SWIM LESSONS LEVEL 2,3 * | 9:45- 10:15 AM | PRE-SCHOOL LESSONS * | 10:30 - 11:00 AM | LAP SWIM (LAP/THERAPY) | 12:00 – 1:15 PM | REC/FAMILY SWIM | 1:45– 3:00 PM | REC/FAMILY SWIM | 3:30- 5:00 PM |
| LAP SWIM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 7:30 - 8:30 AM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SENIOR SWIM (LAP/THERAPY)   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 8:45 - 10:00AM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SFUSD **  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 10:30 - 12:00 PM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| LAP SWIM (LAP/THERAPY)  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 12:30- 3:00 PM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| REC/FAMILY SWIM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 3:30- 5:00 PM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| LAP SWIM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 5:30-6:30PM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SENIOR SWIM (LAP/THERAPY)   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 9:00 - 10:15 AM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SFUSD **  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 10:30 - 11:30 AM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SELF GUIDED EXERCISE  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 11:45- 12:45 PM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SENIOR SWIM (LAP/THERAPY)   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 12:50- 3:15PM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SWIM LESSONS*   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 3:45 - 4:15 PM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SWIM LESSONS*   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 4:30 - 5:00 PM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| REC/FAMILY SWIM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 5:30 - 6:30 PM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| LAP SWIM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 7:30 - 8:30 AM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SENIOR SWIM (LAP/THERAPY)   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 9:00 - 10:30AM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| LAP SWIM (LAP/THERAPY)  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| CLOSED EVERY 3RD THURS OF THE MONTH FOR TRAINING  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 11:00 2:00 PM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| Lap Swim  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 2:15- 3:15 pm   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| ADULT SWIM LESSONS *  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 3:20- 3:50 PM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| REC/FAMILY SWIM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 4:15 - 5:30 PM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| DEEP WATER H2O AEROBICS   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 5:30-6:30PM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| REC/FAMILY—SENIOR SWIM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 9:00 - 10:15 AM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SFUSD **  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 10:30 - 11:30 AM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SELF GUIDED EXERCISE  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 11:45- 12:45 PM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SENIOR SWIM (LAP/THERAPY)   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 12:50- 3:15PM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SWIM LESSONS*   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 3:45 - 4:15 PM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SWIM LESSONS*   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 4:30 - 5:00 PM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| REC/FAMILY SWIM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 5:30 - 7:00 PM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SWIM LESSONS LEVEL 1,3 *  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 9:00 - 9:30 AM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| SWIM LESSONS LEVEL 2,3 *  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 9:45- 10:15 AM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| PRE-SCHOOL LESSONS *  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 10:30 - 11:00 AM  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| LAP SWIM (LAP/THERAPY)  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 12:00 – 1:15 PM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| REC/FAMILY SWIM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 1:45– 3:00 PM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| REC/FAMILY SWIM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| 3:30- 5:00 PM   |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| <p><b>CLOSURES:</b></p> <p>Holiday Closure: 5/25, 6/19</p> <p>In- Service Training: 6/6/26</p> <p>Pool Closed 9:00-1:00pm</p> <p>Every 3rd Thursday of the Month Closed for Aquatic Division Training 11:00am-2:00pm: 3/19, 4/16, 5/21</p>  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |
| <p><b>Facility Supervisor</b></p> <p>Gregorio Edmisten<br/>gregorio.edmisten@sfgov.org</p>  |   |           |                |                           |                |          |                  |                        |                |                 |               |          |             |   |                           |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |   |          |                |                           |                |                        |  |               |          |               |                      |               |                 |                |                         |             |  |                        |                 |          |                  |                      |                 |                           |               |               |                |               |                |                 |                |  |                          |                |                          |                |                      |                  |                        |                 |                 |               |                 |               |

Our mission is to provide enriching recreational activities, maintain beautiful parks and preserve the environment for the well-being of our diverse community.



# POOL SCHEDULE

NORTH BEACH AQUATICS CENTER

661 LOMBARD ST, SAN FRANCISCO | (415) 391-0407

\$8 ADULTS \$2 CHILDREN | [SFRECPARK.ORG](http://SFRECPARK.ORG)

**COOL POOL**

76°F/30°C, 25 Meters

**Spring 2026**

03/17/2026 - 06/06/2026

| Additional Information  | TUESDAY                                  | WEDNESDAY                                 | THURSDAY   | FRIDAY                                    | SATURDAY  |
|---|--|---|--|---|---|
| <p>Participation in program based on capacity.</p> <p>Sauna use during program times only. Adults only.</p> <p>Aerobic Equipment allowed only during Therapy Swims and Self Guided Exercise.</p> <p>Children under 48" must be accompanied by an adult in the water and remain within arms reach at all times.</p> <p>* Swim Lesson by Registration only</p> <p>**San Francisco Unified School District Access only</p> | <p>LAP SWIM</p> <p>7:30 - 10:00AM</p>    | <p>LAP SWIM</p> <p>9:00 - 10:15 AM</p>    | <p>LAP SWIM</p> <p>7:30 - 10:30AM</p>  | <p>LAP SWIM</p> <p>9:00 - 10:15 AM</p>    | <p>JUNIOR PIRANHAS SWIM*</p> <p>9:00 - 10:00 AM</p>   |
| <p><b>CLOSURES:</b></p> <p>Holiday Closure: 5/25, 6/19</p> <p>In- Service Training: 6/6/26<br/>Pool Closed 9:00-1:00pm</p> <p>Every 3rd Thursday of the Month Closed for Aquatic Division Training 11:00am-2:00pm: 3/19, 4/16, 5/21</p>   | <p>SFUSD **</p> <p>10:30 - 12:00 PM</p>  | <p>SFUSD **</p> <p>10:30-11:30 AM</p>     | <p>LAP SWIM (LAP/THERAPY)</p> <p><b>CLOSED EVERY 3RD THURS OF THE MONTH FOR TRAINING</b></p> | <p>SFUSD **</p> <p>10:30-11:30 AM</p>     | <p>PIRANHAS SWIM*</p> <p>10:15 - 11:15 AM</p>   |
|   | <p>LAP SWIM</p> <p>12:30 - 3:30PM</p>    | <p>LAP SWIM</p> <p>11:45 -3:30PM</p>      | <p>LAP SWIM</p> <p>11:00 2:00 PM</p> <p>LAP SWIM</p> <p>2:15- 3:30PM</p>                     | <p>LAP SWIM</p> <p>11:45 - 3:30PM</p>     | <p>LAP SWIM</p> <p>12:00 - 2:00 PM</p>  |
| <p><b>Facility Supervisor</b></p> <p>Gregorio Edmisten<br/>gregorio.edmisten@sfgov.org</p>  | <p>HS SWIM TEAM**</p> <p>4:00-5:30PM</p> | <p>HS SWIM TEAM **</p> <p>4:00-5:30PM</p> | <p>HS SWIM TEAM **</p> <p>4:00-5:30PM</p>  | <p>HS SWIM TEAM **</p> <p>4:00-5:30PM</p> | <p>LAP SWIM</p> <p>2:30 – 4:30 PM</p> <p>ADULT ADV.SWIM LESSONS *</p> <p>4:30 - 5:00 PM</p> |
|   | <p>LAP SWIM</p> <p>5:30 - 6:30 PM</p>    | <p>LAP SWIM</p> <p>5:30 - 6:30 PM</p>     | <p>LAP SWIM</p> <p>5:30 - 6:30 PM</p>  | <p>LAP SWIM</p> <p>5:30 - 7:30 PM</p>     |   |

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