City of Oceanside, Neighborhood Services Department

Fall Facility Schedule

August 19 - December 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Masters 6:00AM - 7:30AM					
	Lap Swim 6:00AM - 1:15PM		**Lap Swim** 6:00AM - 9:00AM	**Lap Swim** 6:00AM - 1:15PM		
	H_2O Works 9:00AM - 10:00AM	**AQUA FIT** 9:00AM - 10:00AM	**Adaptive P.E.** 9:00AM - 10:00AM	**AQUA FIT** 9:00AM - 10:00AM	**H_2O Works** 9:00AM - 10:00AM	
Lap Swim 10:15AM - 1:15PM	(Sessions Begin 9/9, 9/10, 9/23, 9/24, 10/7, 10/8) **Children's Learn to Swim: Sea Horse** 1:30PM - 2:00PM					**Lap Swim** 10:15AM - 1:15PM
	School Sports 2:45PM - 5:00PM					
	Oceanside Swim Club 5:00PM - 7:00PM					
		Dive S.D. 5:00PM - 7:00PM		**Dive S.D.** 5:00PM - 7:00PM		
	High School Sports 7:00PM - 9:00PM					

AQUA FIT: Water exercise for all abilities.
(760) 439-8623

Children's Learn to Swim: Sea Horse level **ONLY.**
Open registration starts August 15.
Cost: R $15/NR $25

Lap Swim: Swim at your own pace. Passes available.
Cost: $4/drop-in swim

Master's Swim: Coached workouts for swimmers aged 16 & up.
Cost: R $40/NR $50 for month pass
$4.50 per drop-in swim

Dive S.D.: Springboard dive lessons at all ability levels for children ages 6 to 18 years.
(760) 201-9242

Oceanside Swim Club: Age group swim club; minimum age 5 with ability to swim 66yds crawl stroke non-stop.
(760) 435-1031

Oceanside Water Polo Club (OWPC): A Co-ed water polo club that participates in monthly tournaments.
760-801-9637

H_2O Works: Aquatic circuit training. Cost: R $5/NR $7

IMPORTANT DATES		
Monday, September 2	Labor Day	Holiday Lap Hours: 8:00AM - 11:00AM
Thursday, November 28 Friday, November 29	Thanksgiving Friday after Thanksgiving	CLOSED Holiday Lap Hours: 8:00AM - 11:00AM
Tuesday, December 24 Wednesday, December 25 Tuesday, December 31	Christmas Eve Christmas Day New Year's Eve	Holiday Lap Hours: 8:00AM - 11:00AM CLOSED Holiday Lap Hours: 8:00AM - 11:00AM

Parks and Recreation

Call us! (760) 435-5225 Fax us! (760) 435-9628

Visit us on the web! www.oceansiderec.com

Want to volunteer or donate? Contact the "Friends of Oceanside Parks" at OPARC@ci.oceanside.ca.us.

Check us out on Facebook!