

# Las Palmas Pool

NATIONAL CITY · CA

Effective November 2nd, 2024 - November 24th, 2024

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lap Swim <sup>3</sup> Long Course (50 meters)	-	-	-	-	-	-	6:00a-8:00a 11:00a-1:00p
Lap Swim <sup>3</sup> Short Course (25 yards)	9:00a-2:00p	12:00a-2:00p	11:00a-1:00p 4:30p-7:00p	6:00a-8:00a 11:00a-12:30p	11:00a-1:00p 4:30p-7:00p	11:00a-12:30p	4:30p-7:00p
Recreational Swim	9:00a-2:00p	12:00a-2:00p	4:30p-7:00p	-	4:30p-7:00p	-	4:30p-7:00p
Group Exercise	-	-	11:05a-12:50p (Hydro HIIT)	11:00a-11:55a	11:05a-12:50p (Hydro HIIT)	11:00a-11:55a (Deep Water)	-
Masters Swim	-	-	-	6:00a-7:00a	-	-	6:00am-7:00a
SUHSD/Team Rental <sup>2</sup>	-	-	4:30p-7:00p	4:30p-7:00p	4:30p-7:00p	4:30p-7:00p	4:30p-7:00p

1. This schedule is subject to change
2. National City relies on rental revenue to support pool operations to open the pool to the public. As such, at times, space is reserved for the Sweetwater Union High School District (SUHSD) and local club teams.
3. During times of high usage patrons are required to split lanes and/or circle swim
4. **The pools will have modified schedules or be closed on the following dates:**
  - a. **Veteran's Day - Pool closed November 11th**
  - b. **Thanksgiving Break - Pool closed November 25th-December 1st (pool will reopen December 2nd)**

Las Palmas Pool · 1800 E 22nd St. · National City · CA · 91950  
 619-336-6758 · laspalmaspoolnc@gmail.com  
 For more information visit [www.nationalcityca.gov](http://www.nationalcityca.gov)

