

Please note:

A.C.A.C. now closes at 2pm on
Sundays through the winter.

Agua Caliente Aquatic Center

Mon-Thurs 5:30am-9pm Friday 5:30am-8pm

Saturday 8am-7pm Sunday 8am-2pm

*Pools must be cleared 1/2 hour before facility closes.

MARCH

Indoor Pool Schedule



Outdoor Pool Schedule

Lap Swim

Monday-Thursday
5:30am-8:30pm

Friday

5:30am-7:30pm

Saturday

8am-6:30pm

Sunday

8am-1:30pm

50 Meter Lanes

Closed

Masters*

Mon/Wed/Fri

5:30-6:30am

Mon/Wed

6-7pm

Sunday 8-9am

Advanced Aerobics

with

Gwyn & Jill

Tue/Thurs

6-7pm

Sat 9:30am

Sea Dragons

Mon/Tues/Fri

4-5:30pm

* = change

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Adult Swim	8-11:30am	5:30-8:30am 10-11am 2-3pm* 7:30-8:30pm	5:30-9am 10-11am 7:30-8:30pm	5:30-8:30am 2-3pm 7:30-8:30pm	5:30-9am 10-11am 1-2pm 7:30-8:30pm	5:30-8:30am 11am-12pm 1-3pm*	8am-12pm 5-6:30pm
All Member Swim	11:30am-1:30pm	11am-12pm 4-5:30pm* 6-7:30pm*	11am-12pm 1-3pm 6-7:30pm*	11:30am-12pm 5:30-7:30pm*	11am-12pm 2-3pm 6-7:30pm*	4-5pm* 6-7:30pm*	12-5pm
Physical Therapy		12-1pm	12-1pm	12-1pm	12-1pm	12-1pm	
Swim Lessons		3-4pm* 5:30-6pm*	3-6pm*	11-11:30am 3-5:30pm*	3-6pm*	3-4pm* 5-6pm*	
Water Aerobics Classes w/ Anastasia		Beginner-Intermediate 8:30-9:15am Beginner 9:15-10am	Intermediate-Advanced 9-10am	Beginner-Intermediate 8:30-9:15am 9:15-10am Advanced 10-11am	Intermediate-Advanced 9-10am	Beginner-Intermediate 8:30-9:15am 9:15-10am Advanced 10-11am	
Arthritis Foundation Classes		1-2pm		1-2pm			

17350 Vailetti Drive Sonoma, CA. 95476 (707) 939-8833