

POOL SCHEDULE

DR. MARTIN LUTHER KING JR- SWIMMING POOL
 5701 3RD STREET, SAN FRANCISCO | (415) 822-2807
 \$8 ADULTS \$2 CHILDREN | SFRECPARK.ORG

Winter 2026
 January 6- March 14

INFORMATION	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Children under 48" must be accompanied by an adult in the water and within arms reach at all times.					LAP SWIM (10) 7:00am - 8:30am
	SENIOR LAP SWIM (6) LAP SWIM (4) 9:00am - 11:00am	SENIOR LAP SWIM (6) LAP SWIM (4) 9:00am - 11:00am	SENIOR LAP SWIM (6) LAP SWIM (4) 9:00am - 11:00am	SENIOR LAP SWIM (6) LAP SWIM (4) 9:00am - 11:00am	ADULT MASTERS** (7) ADULT SYNCHRO** (2) 9:00am - 11:00am
() indicates the number of lanes available for designated program.	LAP SWIM (10) 11:00am - 12:00pm	LAP SWIM (10) 11:00am - 12:00pm	LAP SWIM (10) CLOSED EVERY 3RD THURSDAY FOR TRAINING 11:00am - 12:00pm	LAP SWIM (10) 11:00am - 12:00pm	SWIM LESSONS 9:00am - 1:00pm
	REC/FAMILY SWIM (shallow) LAP SWIM (8) 12:30pm - 3:30pm	REC/FAMILY SWIM (shallow) LAP SWIM (8) 12:30pm - 3:30pm	REC/FAMILY SWIM (shallow) LAP SWIM (8) 12:30pm - 3:30pm CLOSED EVERY 3RD THURSDAY FOR TRAINING	REC/FAMILY SWIM (shallow) LAP SWIM (8) 12:30pm - 3:30pm	REC/FAMILY SWIM (10) 2:00pm - 3:30pm
Facility Supervisor Dan Ngo dan.ngo@sfgov.org	SWIM LESSONS 3:30pm - 6:00pm	SWIM LESSONS 3:30pm - 6:00pm	SWIM LESSONS 3:30pm - 6:00pm	SWIM LESSONS 3:30pm - 6:00pm	LAP SWIM (10) 4:00pm - 5:00pm
	WATER EXERCISE (shallow) LAP SWIM (8) 6:00pm - 7:00pm	ADULT SYNCHRO** (3) ADULT HOCKEY** (7) 6:00pm - 8:00pm	WATER EXERCISE (shallow) LAP SWIM (8) 6:00pm - 7:00pm	YOUTH SYNCHRO** (3) YOUTH HOCKEY** (7) 6:00pm - 8:00pm	Inservice Training Closure January 22, 11:00am - 3:30pm March 14, 7:00am - 1:30pm
	ADULT WATER POLO** (10) 7:00pm - 8:30pm	** = Contact the Team Coach	ADULT WATER POLO** (10) 7:00pm - 8:30pm	Email us for Volunteer Opportunities!	Annual Maintenance Closure February 10-21, 2026

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

