

CITY OF GARDENA AQUATIC CENTER



FALL 2026

BEGINNING TUESDAY, AUGUST 11TH

REGISTRATION REQUIRED

REGISTRATION IS AVAILABLE ON A WEEK-TO-WEEK BASIS. RESIDENTS MAY REGISTER BEGINNING EACH MONDAY, NON-RESIDENTS EACH WEDNESDAY, FOR THE FOLLOWING WEEK OF PROGRAMMING.

REGISTRATION BEGINS THURSDAY, AUGUST 6TH AT 10AM

SUNDAY

**BEGINNING
AUGUST 30TH**

LAP SWIM
9:30 AM - 10:20 AM

ADULT OPEN SWIM
9:30 AM - 10:20 AM

RECREATION SWIM
10:30 AM - 12:00 PM

RECREATION SWIM
12:30 PM - 2:00 PM

JOIN US FOR
FREE
REC SWIM!
THE LAST SUNDAY OF
EVERY MONTH!

SCAN ME



MONDAY

LAP SWIM
6:30 AM - 7:20 AM

ADULT OPEN SWIM
6:30 AM - 7:20 AM

AQUA GROOVE
7:30 AM - 8:20 AM

LAP SWIM
7:30 AM - 8:20 AM

ADULT OPEN SWIM
7:30 AM - 8:20 AM

AQUA MOBILITY
9:00 AM - 9:50 AM

LAP SWIM
9:00 AM - 9:50 AM

ADULT OPEN SWIM
9:00 AM - 9:50 AM

RECREATION SWIM
4:00 PM - 5:30 PM

LAP SWIM
6:40 PM - 7:30 PM

ADULT OPEN SWIM
6:40 PM - 7:30 PM

TUESDAY

AQUA MOBILITY
3:00 PM - 3:50 PM

LAP SWIM
4:30 PM - 5:20 PM

ADULT OPEN SWIM
4:30 PM - 5:20 PM

YOUTH SWIM
LESSONS STARTING
AUGUST 18TH
REGISTRATION BEGINS
• AUGUST 10TH
(RESIDENT)
• AUGUST 12TH
(NON-RESIDENT)

LAP SWIM
6:40 PM - 7:30 PM

ADULT OPEN SWIM
6:40 PM - 7:30 PM

ADULT SWIM LESSON
7:10 PM - 8:00 PM
STARTING AUG 18TH

WEDNESDAY

LAP SWIM
6:30 AM - 7:20 AM

ADULT OPEN SWIM
6:30 AM - 7:20 AM

AQUA GROOVE
7:30 AM - 8:20 AM

LAP SWIM
7:30 AM - 8:20 AM

ADULT OPEN SWIM
7:30 AM - 8:20 AM

AQUA MOBILITY
9:00 AM - 9:50 AM

LAP SWIM
9:00 AM - 9:50 AM

ADULT OPEN SWIM
9:00 AM - 9:50 AM

TRP OPEN SWIM
2:30 PM - 4PM
Therapeutic Recreation
Program Participants

SENSORY FRIENDLY SWIM
4:30 PM - 5:30 PM
A low-noise, reduced stimulation
swim session welcoming
individuals with sensory sensitivities

THURSDAY

AQUA MOBILITY
3:00 PM - 3:50 PM

LAP SWIM
4:30 PM - 5:20 PM

ADULT OPEN SWIM
4:30 PM - 5:20 PM

YOUTH SWIM
LESSONS STARTING
AUGUST 18TH
REGISTRATION BEGINS
• AUGUST 10TH
(RESIDENT)
• AUGUST 12TH
(NON-RESIDENT)

LAP SWIM
6:40 PM - 7:30 PM

ADULT OPEN SWIM
6:40 PM - 7:30 PM

ADULT SWIM LESSON
7:10 PM - 8:00 PM
STARTING AUG 18TH

FRIDAY

LAP SWIM
8:30 AM - 9:20 AM

ADULT OPEN SWIM
8:30 AM - 9:20 AM

LAP SWIM
9:30 AM - 10:20 AM

ADULT OPEN SWIM
9:30 AM - 10:20 AM

RECREATION SWIM
4:00 PM - 5:30 PM

RECREATION SWIM
6:00 PM - 7:30 PM

1st Friday of the Month

SATURDAY

AQUA GROOVE
8:30 AM - 9:20 AM

LAP SWIM
8:30 AM - 9:20 AM

ADULT OPEN SWIM
8:30 AM - 9:20 AM

AQUA FIT
9:50 AM - 10:40 AM

LAP SWIM
9:50 AM - 10:40 AM

ADULT OPEN SWIM
9:50 AM - 10:40 AM

PARENT & ME
11:00 AM - 11:30 AM

RECREATION SWIM
12:00 PM - 1:30 PM

RECREATION SWIM
2:00 PM - 3:30 PM

CLOSED:
AUGUST 22 &
SEPTEMBER 26

VISIT WWW.CITYOFGARDENA.ORG/EVENTS FOR PROGRAM DESCRIPTIONS AND FACILITY RULES.
REGISTER ONLINE OR IN-PERSON AT THE NAKAOKA COMMUNITY CENTER
1670 W. 162ND ST. GARDENA, CA 90247

