

POOL NAME AND #	Lap Swim (M-F)	Open Swim (M-F)	Lap Swim (weekends)	Open Swim (weekends)	Swim Lessons	Water Exercise	Swim Team (Mon-Fri)
Betsy Patterson Pool At Sandia HS (505-275-6279)	6:00 – 8:00 AM 12:30 – 4:00 PM 6:00 – 8:00PM	12:30 – 4:00 PM 6:00 – 8:00 PM *Lap Lanes Available	11:00 – 1:00 PM	1:00 – 4:00 PM *Lap Lanes Available	Sessions 1 – 4 Morning and Evening		Metro Aquatic Team June 7 Dive Practice 9:15 – 10:00 AM
East San Jose (505-848-1396)	10:00 AM – 11:00 AM	12:30 – 2:30 PM 3:00 – 5:00 PM	10:00 AM – 11:00 AM	11:30 – 1:30 PM 2:00 PM – 4:00 PM	Swim School Free Lessons Morning 11:30 – 12:00 PM		
Eisenhower (505-291-6292)	12:00 – 2:00 PM 2:30 – 4:30 PM 6:00 – 8:00 PM	12:00-2:00 PM 2:30 – 4:30 PM 6:00 – 8:00 PM *Lap Lanes available	12:00 – 2:00 PM 2:30 – 4:30 PM	12:00-2:00 PM 2:30 – 4:30 PM *Lap Lanes available	Sessions 1 - 4 Morning		Metro Aquatic Team June 7 7:00 – 9:00 AM
Los Altos (505-768-4901)	6:00 am – 8:30 am 12:30 pm – 3:45 pm (4 lanes available) 6:15 pm – 8:30 pm	Up to 4 lap swim lanes available 12:30 – 3:45 pm	Up to 4 lap swim lanes available 12:00 pm – 4 pm	12:30 - 4:00 PM	Sessions 1 – 4 Morning and Evening	Water exercise 11:00 AM – 12:00 PM (M, W, F) 6:15 PM – 7:15 PM (M – Th) Water therapy 11:00 AM – 12:00 PM (T, Th)	Metro Aquatic Team June 7 8:45 – 10:45 AM
Highland (505-768-3940)	6:00 – 8:00 AM 8:30 – 10:00 AM 7:00 – 8:30 PM	12:00 – 2:00 PM 2:30 – 4:30 PM *2 Lap Lanes available during Recreational Hours	12:00 – 1:00 PM	1:30 – 4:30 PM *2 Lap Lanes available during Recreational Hours	Sessions 1 - 4 Morning Sessions 1 - 4 Evening		
Montgomery (505-888-8123)	12:00 – 2:00PM 2:30 – 4:30 PM 6:00 - 8:00 PM	12:00-2:00 PM 2:30 – 4:30 PM 6:00 – 8:00 PM *Lap Lanes available	12:00 – 2:00 PM 2:30 – 4:30 PM	12:00-2:00 PM 2:30 – 4:30 PM *Lap Lanes available	Sessions 1 - 4 Morning		Metro Aquatic Team June 7 7:00 – 9:00 AM
Rio Grande (505-768-4928)	11:00 AM – 12:00 PM 12:30 – 2:30 PM 3:00 – 5:00 PM	12:30 – 2:30 PM 3:00 – 5:00 PM 5:30-7:30 PM	12:00 – 2:00 PM 2:30 – 4:30 PM	12:00 – 2:00 PM 2:30 – 4:30 PM	Sessions 1 – 4 Morning		Metro Aquatic Team June 7 9:00-10:45 AM
Sierra Vista (505-897-8819)	12:30 pm – 2:30 pm 3 pm – 5 pm (2 lanes available)	12:30 – 2:30 PM 3:00 – 5:00 PM 5:30 – 8:00 PM	12:30 pm – 2:30 pm 3 pm – 5 pm (2 lanes available)	12:30 – 2:30 PM 3:00 – 5:00 PM	Sessions 1 – 4 Morning and Evening		Metro Aquatic Team June 7 8:00 – 10:00 AM
Sunport (505-768-5399)	10:30 – 11:30 AM, 12:00 2:00 PM, 2:30 – 4:30 PM 4:45 – 5:45 PM	12:00 – 2:00PM 2:30-4:30 PM 6:00 – 8:00 PM (Fri. Only) Open Kayak Thursdays 6-8pm	10:30 – 11:30 AM (Saturday Only) 12:00 – 2:00 PM, 2:30 – 4:30 PM	12:00 – 2:00PM 2:30-4:30 PM	Sessions 1 – 4 Morning		Metro Aquatic Team June 7 9:00-10:00 AM
Valley (505-768-5349)	6:00 – 8:00 AM 12:30 – 1:30 PM 6:30 – 8:30 PM (M-TH evening limited lanes)	2:00 – 4:00 PM 6:30 – 8:30 PM	12:00 – 2:00 PM 2:30 – 4:30 PM Limited Lanes Available	12:00 – 2:00 PM 2:30 – 4:30 PM	Sessions 1 – 4 Morning and Evening	Aerobics 6:30 – 7:30 PM (M, W, Th) Deep Water 6:30-7:30 PM (T, Th)	Metro Aquatic Team June 7 4:30 – 6:00 PM
West Mesa Aquatic Center (505-836-8718) -50 Meter Olympic -Indoor slide pool -Outdoor slide pool	5:30 AM- 10:00 AM 12:30 PM – 2:30 PM, 3:00 PM- 4:30 PM 6:00 – 8:00 PM (Very limited lanes available from 6:00 PM-6:30 PM)	Diving boards open 12:30 PM – 2:30 PM 3:00 PM-5:00 PM 6:45 PM-8:45 PM (diving closed) *Wristbands go on sale at 6 AM	12:00 PM– 2:30 PM 3:00 PM – 5:00 PM *Some days are closed due to swim meets and events	12:30 PM – 2:30 PM 3:00 PM -5:00 PM Diving boards open *Wristbands go on sale at 11 AM	Sessions 1 – 4 Morning and Evening	Aerobics 9:00 – 10:00 AM (M – F) 7:00 PM – 8:00 PM (M, T, Th)	Metro Aquatic Team June 7 8:00 – 10:00 AM
Wilson (505-256-2095)	10:00 – 11:00 AM	12:30 -2:30 PM 3:00 – 5:00 PM 5:30 – 7:30 PM	11:00 – 12:00 PM	12:30 – 2:30 PM 3:00 – 5:00 PM	Sessions 3 and 4 Morning		

Special Events – Friday Nights are \$1.00 for everyone at all pools! Sundays kids 17 and under are free at all pools beginning Memorial Day Weekend - August 8th ! Pools are available to book for private rentals. For more information about special events, please call your local pool or visit play.cabq.gov

***Pools will return to pool capacity limits based on the City of Albuquerque Pool Code
Recreation Swim for outdoor Pools is allowed at 75% occupancy limits.**

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