

The Plunge

4175 Overland Ave. 310-253-6680
 Fall 2019 Schedule-Beginning 8/26/2019



Plunge Programs

Lap Swim

For participants 13 years and older to swim laps on their own. There will be a minimum of 4 lanes available anytime the plunge is open for lap swim.

Recreational Swim

For participants of any age to come and enjoy the plunge. Diving boards will be open to those that pass a swim test and children under 48" must be accompanied in the water by an adult within arms-reach at all times.

Instructor Led Aquatics Exercise Courses:

Adult Exercise

Low-impact water exercise in shallow water; ideal for all fitness levels and anyone recovering from injuries.

	Drop In Fees	15 Swim Pass Fees
Adults	\$2	\$20
Seniors	\$1	\$10

AquaFit

AquaFit Shallow Water, Deep Water and Stand Up classes

	Drop In Fees	4 Week Pass
Shallow Water- Seniors	\$9	\$63
Shallow Water- Adults	\$10	\$70
Deep Water	\$11	\$110
Stand Up	\$20	NA

Drop In Lap, Recreation and Entrance Fees

Adult (19-49):	\$4.00
Youth (0-18):	\$2.50
Seniors (50 and Over):	\$2.50
Persons with Disabilities:	\$2.50

Lap Swim and Entrance Passes

(15 Swim Pass available for the following rates)

Type of Pass	Resident	Non-Resident
Adult	\$35	\$50
Adult Student	\$30	\$45
Youth	\$20	\$25
Senior	\$20	\$25
Persons with Disabilities	\$20	\$25

*All Fees are paid directly at the pool and all visitors must pay to enter the pool. ** Hours are subject to change.

Pool Rentals

The Culver City Plunge is available for rent to groups, organizations or private parties. Please call (310) 253-6680 for your rental options.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP SWIM (Long Course) 5:30am-2:00pm	LAP SWIM (Long Course) 5:30am-2:00pm	LAP SWIM (Long Course) 5:30am-2:00pm	LAP SWIM (Long Course) 5:30am-2:00pm	LAP SWIM (Long Course) 5:30am-2:00pm	LAP SWIM (Long Course) 6:00am-9:00am	LAP SWIM (Long Course) 10:00am-12:00pm
Adult Exercise 8/26-8/30 8:30-9:30am	Adult Exercise 8/26-8/30 8:30-9:30am	Adult Exercise 8/26-8/30 8:30-9:30am	Adult Exercise 8/26-8/30 8:30-9:30am	Adult Exercise 8/26-8/30 8:30-9:30am	LAP SWIM (Short Course) 9:30am-11:00am	
Beginning 9/3 9:00-10:00am	Beginning 9/3 9:00-10:00am	Beginning 9/3 9:00-10:00am	Beginning 9/3 9:00-10:00am	Beginning 9/3 9:00-10:00am	AquaFit- Shallow 9:30am-10:30am	
LAP SWIM (Short Course) 7:00-9:00pm	LAP SWIM (Short Course) 7:00-9:00pm	LAP SWIM (Short Course) 7:00-9:00pm	LAP SWIM (Short Course) 7:00-9:00pm	LAP SWIM (Short Course) 7:00-9:00pm	AquaFit- Deep 11:00am -12:00pm	
AquaFit Deep 7:00-8:00pm	AquaFit Shallow 7:00-8:00pm	AquaFit Deep 7:00-8:00pm	AquaFit Stand Up 7:00-8:00pm		AquaFit- Stand Up 12:30pm-1:30pm	
					REC/LAP SWIM Ends 10/26/2019 12:30-2:30pm (Short Course)	REC/LAP SWIM Ends 10/27/2019 12:30-2:30pm (Short Course)