



Vista del Monte
FITNESS AND AQUATIC CENTER

Pool Schedule

3775 Modoc Road
Santa Barbara, CA 93105
sbseniorfit.org • 805.879.5556

Revised 6/1/25	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am	Residents Only 8:00 to 8:55	Open Pool 8:00 to 8:55	Residents Only 8:00 to 8:55	Open Pool 8:00 to 8:55	Residents Only 8:00 to 8:55	Residents Only 8:00 to 8:55
9:00 am	Combo Pool 9:00 to 10:25	Aqua Fit 9:00 to 9:45	Water Volleyball 9:00 to 10:25	Aqua Fit 9:00 to 9:45	Water Volleyball 9:00 to 10:25	Combo Pool 9:00 to 11:45
9:30 am						
10:00 am		Lap Swim 10:00 to 11:30		Lap Swim 10:00 to 11:30		
10:30 am						
11:00 am						
11:15 am	Combo Pool 11:20 to 12:00	Open Pool 11:30 to 1:00	Open Pool 11:30 to 1:00			
11:30 am						
12 - 1 pm	Pool Close 12:00 Facility Close 12:15		Combo Pool 12:30 to 4:45		Pool Close 12:00 Facility Close 12:15	Pool Close 12:00 Facility Close 12:15
1:00 pm	Combo Pool 1:00 to 3:45	Combo Pool 1:00 to 1:55	Combo Pool 12:30 to 4:45	Combo Pool 1:00 to 1:55	Combo Pool 1:00 to 1:55	Combo Pool 1:00 to 3:45
1:30 pm						
2:00 pm		Water Volleyball 2:00 to 3:25		Water Volleyball 2:00 to 3:25	Aqua Aerobics 2:00 to 2:55	
2:30 pm						
3:00 pm						
3:30 pm		Aqua Aerobics 3:30 to 4:30		Aqua Aerobics 3:30 to 4:30		
4:00 pm	Pool Close 3:45 Facility Close 4:00			Pool Close 3:45 Facility Close 4:00	Pool Close 3:45 Facility Close 4:00	
4:30 pm		Pool Close 4:45 Facility Close 5:00	Pool Close 4:45 Facility Close 5:00	Pool Close 4:45 Facility Close 5:00		
5:00 pm						

Subject to change without notice.



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Pool Class Descriptions

Residents Only	No family members, guests or members during “Residents Only”
Aqua Aerobics M/W 10:30-11:15 T/Th 3:30-4:30; F 2:00-2:55	Our most vigorous aquatic program using upbeat amplified music as a motivator. 45–55 minutes long with an average of 25–30 aerobic minutes allowing high to low impact and/or intensity.
Aqua Fit T/Th 9:00-9:45	Fun workout aimed to increase cardiovascular endurance, strength, flexibility and balance using the resistance and buoyancy of the water. Meets the needs of both beginner and advanced participants (go at your own pace).
Combo Pool	Opportunity for participants to partake in either lap or individual exercise programs within designated areas of the pool to accommodate both Lap and Open swim participants.
Open Pool T/Th 8:00-8:55; 11:30-1:00	Time for everyone’s individual program. NO lap swimming during this time.
Lap Swim T/Th 10:00-11:30 W 11:30-12:30	Opportunity to build endurance. Lap swimmers may use goggles, snorkels, fins or kickboards. A sign-in sheet and a 30 minute time limit may be used so all may have a chance to swim. Far lane only (by steps) might be available for individual exercise programs if space allows.
Water Volleyball T/Th 2:00-3:25 W/F 9:00-10:25	No rules, open teams focused on fun for members and residents.
Pool Dimensions	18x9 yards, shallow water, heated to 88 degrees
Pool Protocol	<p>MAX 24 PARTICIPANTS in aqua classes.</p> <p>NO DIVING. Shallow water 3.5-4.5 feet.</p> <p>Pool participants are requested to shower prior to entering the pool.</p> <p>When a class is in session, all participants need to participate and flow with the class activity. No individual exercise during class sessions.</p> <p>Do not enter the pool if you have open sores, wearing bandages or experienced recent diarrhea.</p>