

General Frequently Asked Questions

When is The Plunge open?

The Plunge's operational schedule is Monday-Thursday from 6:30 am- 6:30 pm, and Friday-Sunday 8:30 am- 6:30 pm. Please check our daily schedule for program and recreational usage times. We will have an extended "summer schedule."

Is the Plunge just a swimming pool?

The Plunge is proud to offer a full array of aquatic and fitness programs. We have 7 lap lanes that 25 yards each, a recreational side of the pool with an incredible obstacle course and even a state-of-the-art basketball hoop! We also have a 1,000 square feet of functional fitness space on the pool deck adjacent to the lap lanes. We are confident the Plunge will meet all your fitness and recreational needs for both athletes and families.

Is the pool heated?

Yes, our pool is heated to 82°F which creates the ideal swimming environment both when the roof is open and closed.

When can I come in for lap swim?

Lap swim is available anytime during our regular business hours. Please check the daily schedule for any lane restrictions. Reservations are not required, lanes are available on a first come, first serve basis.

Why Is the Plunge so popular?

The Plunge was originally built in 1925 and is 60 feet by 175 feet with about 370,000 gallons of water, once known as the largest saltwater pool in the world! In addition to our deep historical roots, we had a modern makeover completed in the summer of 2019 which created a world class facility in America's Finest City. Come take a photo at the most visited pool in the world.

Are towels included?

We provide rental towels for \$2 each or you can purchase a Plunge Souvenir Towel. Platinum Memberships included up to two towels per visit.

Do I need to be a member to use the pool?

No, we are open to the public and you may purchase a session pass for \$15 each or a day pass for \$20 each if you are visiting. If you plan to visit a few times a month, then we highly recommend a membership.

When is the obstacle course available?

The obstacle course is available during our recreational swim from Noon to 6:00 pm. We plan on having extended hours during our “summer schedule.”

Am I able to use Fit Mission Beach?

Fit Mission Beach use is limited to Fit members; however, you can purchase a day pass from Fit Mission Beach. The Plunge does offer a 1,000 square feet of functional fitness space with state-of-the-art turf and equipment.

How old do you have to be to use the sauna and fitness equipment are they included in the membership and day fee?

You must be at least 18 years old to use our dry sauna, as well as the spin bikes, row machines and other functional fitness equipment on the pool deck. Members and guests are permitted to use these amenities if the space or equipment is not rented or in use for programs.

Is the pool salt-water or chlorinated?

Our water is sanitized with sodium hypochlorite which is a liquid based chlorine. We have a secondary disinfectant UV sanitation system as well.

Do you allow kids or infants, and do I have to pay for them?

Yes, both kids and infants are allowed. Children under 10 years old must always have a parent or guardian with them. Infants two and under are \$5 each. All guests who enter the facility must purchase a Day Pass, Session Pass or Facility Fee.

Is there food or drinks for sale?

Yes, we have drinks and snacks available for purchase. Alcohol is allowed to be consumed at the Beach House restaurant which is connected to the Plunge.

Can we rent the Plunge for a birthday party or other events?

Yes, reservations can be done through our website or by visiting the facility. We have party packages and have hosted many photo shoots, events are very popular at the Plunge!

Do you have locker rooms and lockers?

Yes, we have a men’s locker room and women’s locker room and two family restrooms. There are keyless lockers in the locker rooms, so no need to bring a lock.

Are you open on holidays?

We are closed on Thanksgiving Day, Christmas Eve, and Christmas Day. We have modified hours on other days throughout the year, please check our daily schedule for program and recreational usage times.

Is your facility Covid-19 Conscientious?

Yes! We take public health and safety very seriously and we have had ZERO Covid-19 cases reported back to our facility since we re-opened in June 2020. Please view our COVID – INFO tab on our website for full information regarding our Covid-19 response.