



Winter 2025 Pool Schedule

JCC POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-10am Swim Team 3 (5:45-7:00am) Lap Swim 6 Motion-vibe Swim Lessons 1 (9:00-10:00am)	5am-10am SHS Team 3 (5:45-7:00am) Lap Swim 6 Motion-vibe Swim Lessons 1 (9:00-10:00am)	5am-10am Masters Swim Team 2 (5:45-7:00am) Lap Swim 6 Motion-vibe Lessons 2 8:30-9:30am	5am-10am Swim Team 3 (5:45-7:00am) Lap Swim 6 Motion-vibe Swim Lessons 1 (9:00-10:00am)	5am-10am Lap Swim 6 Motion-vibe	6:30am-8am Masters Swim Team 3 (6:30-7:45am) Lap Swim 3 Motion-vibe	7am-9am Lap Swim 5 Swim Lesson 1
10am-11am Water Aerobics 6	10am-11am Water Aerobics 6	10am-11am Water Aerobics 6	10am-11am Water Aerobics 6	10am-1pm Lap Swim 6	8am-10am Lap Swim 4 Swim Team 2	9am-1pm Lessons 6
11am-12:30pm Lap Swim 6	11am-12:30pm Lap Swim 6	11am-12:30pm Lap Swim 6	11am-12:30pm Lap Swim 6	1pm-3:30pm Lap Swim 4 Lessons 2	10:00-11:00am Lap Swim 6	1pm-3pm Lap Swim 4 Family Swim 2
12:30pm-3pm Lap Swim 4 Lessons 2	12:30pm-3pm Lap Swim 4 Lessons 2	12:30pm-3pm Lap Swim 4 Lessons 2	12:30pm-3pm Lap Swim 4 Lessons 2	3:30pm-5pm Lap Swim 1 Swim Lessons 1 Swim Team 4	11am-1:30pm Swim Team 3 (11:30-1pm) Lessons 2 Lap Lane 1	3pm-4pm Water Polo 3 Family Swim 3
3pm-4:30pm Swim Team 3 SHS Team 3 Lessons 1	3pm-5pm Swim Team 3 Lessons 3	3pm-5pm SHS Team 3 (3:00-4:00pm) Lap Swim 3 (4:00-5:00pm) Lessons 3	3pm-5pm Swim Team 3 Lessons 3	5pm-6:30pm Swim Team 6	1:30-4pm Lap Swim 4 Family Swim 2	
4:30pm-6pm Lap Swim 1 Swim Team 5	5pm-6:15pm Lap Swim 1 Swim Team 5	5pm-6:30pm Lap Swim 1 Swim Team 5	5pm-6pm Lap Swim 1 Swim Team 5			
6pm-8pm Swim Team 6	6:15pm-8pm Swim Team 6	6:30pm-8pm Swim Team 6	6pm-8pm Swim Team 6			

Please note: Our Schedules are subject to change, please see our website for updated schedules. Website: www.jccns.com