



Schedule Starts December 10th

Winter JCC Pool Schedule

JCC POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:00am Adult Lap 6 Swim Team 4 (5:30-7:00)	5:00-9:00am Adult Lap 4 Masters 2 (5:30-7:00)	5:00-9:00am Adult Lap 6 Swim Team 4 (5:30-7:00)	5:00-9:00am Adult Lap 4 Masters 2 (5:30-7:00)	5:00-10:15am Adult Lap 6	6:30-7:30am Adult Lap 6	7:00-8:00am Adult Lap 6
9:00-10:15am Adult Lessons 2 Swim Lessons 2 Adult Lap 2	9:00-10:15am Swim Lessons 2 Adult Lap 4	9:00-10:15am Adult Lessons 2 Swim Lessons 2 Adult Lap 2	9:00-10:30am Swim Lessons 2 Adult Lap 4	10:15-11:15am Aerobics 4 Adult Lap 2	7:00-9:30am Swim Team 4 Adult Lap 2	8:00-1:00pm Swim Lessons 3 Lap Swim 3
10:15-11:00am Adult Lap 2 Aerobics 4	10:15-11:15am Adult Lap 2 Aerobics 4	10:15-11:00am Adult Lap 2 Aerobics 4	10:30-11:15am Adult Lap 2 Aerobics 4	11:15-3:00pm Swim Lessons 1 Adult Lap 5	9:30-10:15am Lap Swim 3 Aerobics 3	1:00-6:00pm Family Swim 2 Swim Lessons/ Adaptive 2 Lap Swim 2
11:00-3:15pm Adult Lap 4 Swim Lessons 2	11:15-3:15pm Adult Lap 4 Swim Lessons 2	11:00-3:15pm Adult Lap 4 Swim Lessons 2	11:15-3:15pm Adult Lap 4 Swim Lessons 2	3:00-6:00pm Swim Team 5 Lap Swim 1	10:15-11:30pm Swim Lessons 2 Lap Swim 4	
3:15-4:00pm Swim Lessons 2 Swim Team 4	3:15-4:00pm Swim Lessons 3 Swim Team 2 Lap Swim 1	3:15-4:00pm Swim Lessons 2 Swim Team 4	3:15-4:00pm Swim Lessons 3 Swim Team 2 Lap Swim 1		11:30-1:30pm Family Swim 2 Diving 2 Lap Swim 2	
4:00-5:00pm Swim Lessons 2 Swim Team 2 Family Swim 1 Lap Swim 1	4:00-5:00pm Swim Lessons 2 Swim Team 2 Family Swim 1 Lap Swim 1	4:00-5:00pm Swim Lessons 2 Swim Team 2 Family Swim 1 Lap Swim 1	4:15-5:00pm Swim Lessons 2 Swim Team 2 Family Swim 1 Lap Swim 1		1:30-5:00pm Family Swim 2 Lap Swim 4	
5:00-7:00pm Swim Team 6	5:00-5:45pm Adaptive 2 Swim Team 3 Lap Swim 1	5:00-7:00pm Swim Team 6	5:00-5:45pm Adaptive 2 Swim Team 3 Lap Swim 1			
7:00-8:00pm Aerobics 3 Lap Swim 3	5:45-6:30pm Olympic Way 2 Swim Team 3 Lap Swim 1	7:00-8:00pm Aerobics 3 Lap Swim 3	5:45-6:30pm Olympic Way 2 Swim Team 3 Lap Swim 1			
8:00-8:30pm Lap Swim 6	6:30-7:00pm Swim Team 4 Lap Swim 2	8:00-8:30pm Lap Swim 6	6:30-7:00pm Swim Team 4 Lap Swim 2			
	7:00-8:30pm Lap Swim 2 Swim Team 4		7:00-8:30pm Lap Swim 2 Swim Team 4			

* Please note: Our Schedules are subject to change to accommodate our swimmers.

For an updated seasonal schedule visit our website: www.jccns.com

For questions about daily adjustments call 781-476-9912