

Fall 2023 Pool Schedule

JCC POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-10am Lap Swim 6 Motionvibe Swim Team 2 5:45-7am	5am-10am Lap Swim 6 Motionvibe Lessons 1 8:30-9:30am	5am-10am Lap Swim 6 Motionvibe Lessons 2 8:30-9:30am	5am-10am Lap Swim 6 Motionvibe Lessons 1 8:30-9:30am	5am-10am Lap Swim 6 Motionvibe	6:30am-8am Lap Swim 6	7am-9am Lap Swim 6
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-1pm Lap Swim 6	11am-1pm Lap Swim 6	11am-1pm Lap Swim 6	11am-1pm Lap Swim 6	1pm-3:30pm Lap Swim 4 Lessons 2	10am-11:00am Lap Swim 6	1pm-4pm Lap Swim 4 Family Swim 2
1pm-3pm Lap Swim 4 Lessons 2	1pm-3pm Lap Swim 4 Lessons 2	1pm-3pm Lap Swim 4 Lessons 2	1pm-3pm Lap Swim 4 Lessons 2	3:30pm-5pm Lap Swim 1 Swim Lessons 1 Swim Team 4	11:00am-1:00pm Lap Swim 4 Lessons 2	4pm-6:30pm Swim Team & Water Polo Whole Pool
3pm-4:30pm Swim Team 3 Lessons 3	3pm-5pm Swim Team 3 Lessons 3	3pm-4:30pm Lap Swim 2 Lessons 4	3pm-5pm Swim Team 3 Lessons 3	5pm-6:30pm Swim Team 6	1:00-4pm Lap Swim 4 Family Swim 2	
4:30pm-6pm Lap Swim 1 Swim Team 5	5pm-6pm Lap Swim 1 Swim Team 5	4:30pm-6pm Lap Swim 1 Family Swim 1 Swim Team 4	5pm-6pm Lap Swim 1 Swim Team 5			
6pm-8pm Swim Team 6	6pm-8pm Swim Team 6	6pm-8pm Lap Swim 2 Family Swim 1 Swim Team 3	6pm-8pm Swim Team 6			

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