



# Summer JCCNS Indoor Pool Schedule

# JCC POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-10am Lap Swim 6 Motionvibe Swim Lessons 8:30-10am	5am-10am Lap Swim 6 Motionvibe Swim Lessons/ Diving 8-10am	5am-10am Lap Swim 6 Motionvibe Swim Lessons 8:30 -10am	5am-10am Lap Swim 6 Motionvibe Swim Lessons/ Diving 8-10am	5am-10am Lap Swim 6 Motionvibe Swim Lessons 8:30-10am	7:00am-10:00am 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	10:00am-2:00am Lap Swim 4 Family Swim	9am-11am Lessons 6
11am-1pm Lap Swim 6	11am-1:pm Lap Swim 6	11am-1pm Lap Swim 6	11am-1pm Lap Swim 6	1pm-4pm Lap Swim 4 Swim Lessons 2		11pm-2pm Lap Swim 4 Family Swim 2
1pm-5pm Lap Swim 4 Swim Lessons 2	1pm-5pm Lap Swim 4 Swim Lessons 2	1pm-4pm Lap Swim 4 Swim Lessons 2	1pm-5pm Lap Swim 4 Swim Lessons 2	4:00-6:30pm Lap Swim 6		
5:00-6:30pm Lap Swim 2 Swim Team 4	5:00-8:00pm Lap Swim 6	4pm-7:00pm Lap Swim 2 Swim Team 4	5:00-8:00pm Lap Swim 6			
6:30-8:00pm Lap Swim 6		7:00pm-8pm Lap Swim 6				

Please note: Our Schedules are subject to change, please see our website for updated schedules. Website: [www.jccns.com](http://www.jccns.com)