

# Fall 2024 Pool Schedule

# JCC POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-10am Lap Swim 6 <i>Motionvibe*</i> Swim team 3 5:45-7:00am Swim Lessons 1 9:00-10:00am	5am-10am Lap Swim 6 <i>Motionvibe*</i> Swim Lessons 1 9:00-10:00am	5am-10am Lap Swim 6 <i>Motionvibe*</i> Lessons 2 8:30-9:30am	5am-10am Lap Swim 6 <i>Motionvibe*</i> Swim team 2 5:45-7:00am Swim Lessons 1 9:00-10:00am	5am-10am Lap Swim 6 <i>Motionvibe*</i>	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-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	10am-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 Lessons 3	3pm-5pm Swim Team 3 Lessons 3	3pm-5pm Lap Swim 3 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		<b>*Motionvibe is the JCCNS reservation software.</b>	<b>*Times when there are less than 6 lanes are listed above.</b>
6pm-8pm Swim Team 6	6:15pm-8pm Swim Team 6	6:30pm-8pm Swim Team 6	6pm-8pm Swim Team 6		<b>*Lap lanes can be reserved on the motionvibe app</b>	<b>*Need help with motionvibe email Andrew at  adal- ton@jccns.com</b>

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