



Winter 2025 Indoor Pool Schedule

Starting:
12/1/2025

JCCNS INDOOR POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-7am Lap Swim 3 MotionVibe 5:45am SHS Swim 3	5am-8am Lap Swim 3 MotionVibe 5:45am Masters Swim Team 3	5am-8am Lap Swim 3 MotionVibe 5:45am Masters Swim Team 3	5am-8am Lap Swim 3 MotionVibe 5:45am SHS Swim 3	5am-10am Lap Swim 6 MotionVibe		
7am-8am Lap Swim 6 MotionVibe	7am-8am Lap Swim 6 MotionVibe	7am-8am Lap Swim 6 MotionVibe	7am-8am Lap Swim 6 MotionVibe		6:30am-8am Swim Team 3 / Lap Swim 3 MotionVibe	7am-9am Lap Swim 6
8am-10am Lap Swim 5 MotionVibe / Lessons 1	8am-10am Lap Swim 4 MotionVibe / Lessons 2	8am-9:30am Lap Swim 4 MotionVibe / Lessons 2	8am-10am Lap Swim 4 MotionVibe / Lessons 2		8am-11am Lap Swim 4 / Swim Team 2	9am-1pm Lessons 6
10am-11am Aqua Splash 6	10am-11am Aqua Splash 6	10am-11am Aqua Splash 6	10am-11am Aqua Splash 6	10am-1pm Lap Swim 6	11am-1:30pm Swim Team 3 / Lessons 2 / Lap Lane 1	
11am-12:30pm Lap Swim 6	11am-12:30pm Lap Swim 6	11am-12:30pm Lap Swim 6	11am-12:30pm Lap Swim 6			
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	1pm-3:30pm Lap Swim 4 / Lessons 2	1:30pm-4pm Lap Swim 4 / Family Swim 2	1pm-3pm Lap Swim 4 / Family Swim 2
3pm-5pm Swim Team 3 / Lessons 3	3pm-5pm Swim Team 3 / Lessons 3	3pm-4pm Swim Team 3 / Lessons 3	3pm-5pm Swim Team 3 / Lessons 3	3:30pm-5pm Lap Swim 1 / Lessons 1 / Swim Team 4		3pm-4pm Water Polo 3 / Family Swim 3
		4pm-5pm SHS Swim 3 / Lessons 3				
5pm-6pm Lap Swim 1 / Swim Team 5	5pm-6:15pm Lap Swim 1 / Swim Team 5	5pm-8pm Swim Team 6	5pm-6:15pm Swim Team 6	5pm-6pm Swim Team 6		
6pm-8pm Swim Team 6	6:15pm-7pm Swim Team 4 / SHS Swim 2		6:15pm-8pm Lap Swim 1 / Swim Team 5			
	7pm-8pm Swim Team 6					

Please note: Our Schedules are subject to change, please see our website for updated schedules at JCCNS.org.