



Summer 2026

Indoor Pool Schedule Starting June 29

JCCNS INDOOR POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-8am Lap Swim 6 (MotionVibe) 5:45-7:00am Master Swim 3	5am-8am Lap Swim 6 (MotionVibe)	5am-8am Lap Swim 6 (MotionVibe) 5:45-7:00am Master Swim 3	5am-8am Lap Swim 6 (MotionVibe)	5am-8am Lap Swim 6 (MotionVibe)	6:30am-11am Lap Swim 6	7am-9am Lap swim 6
8am-10am Lap Swim 4 (MotionVibe) Lessons 2	8am-10am Lap Swim 4 (MotionVibe) Lessons 2	8am-10am Lap Swim 4 (MotionVibe) Lessons 2	8am-10am Lap Swim 4 (MotionVibe) Lessons 2	8am-1:30pm Lap Swim 6		9am-11am Lessons 2 Lap Swim 4
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		
11am-1:30pm Lap Swim 6	11am-1:30pm Lap Swim 6	11am-1:30pm Lap Swim 6	11am-1:30pm Lap Swim 6		11am-2pm Lap Swim 4 Family Swim 2	11am-2pm Lap Swim 4 Family Swim 2
1:30pm-4:30pm Lap Swim 4 Lessons 2	1:30pm-5:00pm Lap Swim 4 Lessons 2	1:30pm-5:00pm Lap Swim 4 Lessons 2	1:30pm-5:30pm Lap Swim 4 Lessons 2	1:30pm-5:00pm Lap Swim 4 Lessons 2		
4:30pm-7pm Swim Team 4 4:30-5pm Lessons 2 5pm-7pm Lap Swim 2 Swim Team 4	5:00pm-6:30pm Swim Team 4 Lap Swim 2 6:30pm-7:30pm Lap Swim 3 Diving 3	4:30pm-7pm Lap Swim 3 Swim Team 3	5:30pm-7:30pm Lap Swim 6 6:30-7:30pm Lap Swim 3 Diving 3	5:00pm-6:00pm Lap Swim 6		

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