

May Indoor Pool Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|------------------------------------|---|
| 6:00am-8:00am Adults Only (18+) (LL) | 6:00am-8:45am Open Swim (LL) | 6:00am-7:15am Adults Only (18+) (LL) | 6:00am-8:45am Open Swim (LL) | 6:00am-7:30am Adults Only (18+) (LL) | 7:00am-9:00am Open Swim (LL) | 7:00am-9:00am Adults Only (18+) (LL) |
| 8:00am-8:45am Open Swim | 8:45am-9:45am Water Stretch Class | 7:15am-8:15am Aquasculpt Class (\$) | 8:45am-9:45am Water Stretch Class | 7:30am-8:30am Aquasculpt Class (\$) | 9:00am-2:00pm Swim Lessons (\$) | 9:00am-2:00pm Swim Lessons (\$) |
| 8:45am-9:45am Aquacise Class | 10:00am-12:00pm Open During Lessons | 8:15am-8:45am Open Swim | 10:00am-12:00pm Open During Lessons | 8:30am-8:45am Open Swim | 2:00pm-7:00pm Open Swim | 2:00pm-7:00pm Open Swim |
| 10:00am-12:00pm Swim Lessons (\$) | 10:00am-12:00pm Swim Lessons (\$) | 8:45am-9:45am Aquacise Class | 10:00am-12:00pm Swim Lessons (\$) | 8:45am-9:45am Aquacise Class | JCC Closes at 7:00pm | JCC Closes at 7:00pm |
| 12:00pm-1:00pm Hydrotherapy Class (\$) | 12:00pm-1:00pm Hydrotherapy Class (\$) | 10:00am-12:00pm Swim Lessons (\$) | 12:00pm-1:00pm Hydrotherapy Class (\$) | 10:00am-12:00pm Swim Lessons (\$) | | |
| 1:00pm-2:00pm Adults Only (18+) | 1:00pm-2:00pm Adults Only (18+) | 12:00pm-1:00pm Hydrotherapy Class (\$) | 1:00pm-2:00pm Adults Only (18+) | 12:00pm-1:00pm Hydrotherapy Class (\$) | | |
| 2:00pm-3:00pm Open Swim | 2:00pm-3:00pm Arthritis Class (\$) | 1:00pm-2:00pm Adults Only (18+) | 2:00pm-3:00pm Arthritis Class (\$) | 1:00pm-2:00pm Adults Only (18+) | | |
| 3:00pm-6:00pm Swim Lessons (\$) | 3:00pm-6:00pm Swim Lessons (\$) | 2:00pm-3:00pm Parkinson's Class (\$) | 3:00pm-6:00pm Swim Lessons (\$) | 2:00pm-3:00pm Open Swim | | |
| 6:00pm-8:00pm Open Swim | 6:00pm-7:00pm Aquacise Class | 3:00pm-8:00pm Swim Lessons (\$) | 6:00pm-7:00pm Aquacise Class | 3:00pm-6:00pm Swim Lessons (\$) | | |
| | 7:00pm-8:00pm Open Swim | | 7:00pm-8:00pm Open Swim | 6:00pm-7:00pm Open Swim | | |

JCC Closes at 8:00pm

JCC Closes at 8:00pm

JCC Closes at 8:00pm

JCC Closes at 8:00pm

JCC Closes at 7:00pm

JCC Closes at 7:00pm

JCC Closes at 7:00pm

SCHEDULE LEGEND:

Adults Only

Swim Lessons

Aquatic Class

Hydrotherapy Class

Open Swim

Updated 04/18/2025