

August 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-8:00am Adults Only (18+) (LL)	7:00am-9:00am Open Swim (LL)	7:00am-9:00am Adults Only (18+) (LL)
8:00am-8:45am Aquacise*	8:45am-9:45am Water Stretch	7:15am-8:15am Aquasculpt Class (\$)	8:45am-9:45am Water Stretch	8:00am-8:45am Aquacise*	9:00am-3:00pm Swim Lessons (\$)	9:00am-3:00pm Swim Lessons (\$)
8:50am-10:00am Open Swim	10:00am-12:00pm Swim Lessons (\$) & Camp Kehillah	8:15am-8:45am Open Swim	10:00am-12:00pm Swim Lessons (\$) & Camp Kehillah	8:50am-10:00am Open Swim	3:00pm-7:00pm Open Swim	3:00pm-7:00pm Open Swim
10:00am-12:00pm Swim Lessons (\$) & Camp Kehillah	12:00pm-1:00pm Hydrotherapy Class (\$)	8:45am-9:45am Aquacise Class	12:00pm-1:00pm Hydrotherapy Class (\$)	10:00am-12:00pm Swim Lessons (\$)		
12:00pm-1:00pm Hydrotherapy Class (\$)	1:00pm-2:00pm Adults Only (18+)	10:00am-12:00pm Swim Lessons (\$) & Camp Kehillah	1:00pm-2:00pm Adults Only (18+)	12:00pm-1:00pm Hydrotherapy Class (\$)		
1:00pm-2:00pm Adults Only (18+)	2:00pm-3:00pm Arthritis Class (\$)	12:00pm-1:00pm Hydrotherapy Class (\$)	2:00pm-3:00pm Arthritis Class (\$)	1:00pm-2:00pm Adults Only (18+)		
2:00pm-3:00pm Open Swim	3:00pm-6:00pm Swim Lessons (\$)	1:00pm-2:00pm Adults Only (18+)	3:00pm-6:00pm Swim Lessons (\$)	2:00pm-3:00pm Open Swim		
3:00pm-6:00pm Swim Lessons (\$)	6:00pm-8:00pm Open Swim	2:00pm-3:00pm Parkinson's Class (\$)	6:00pm-8:00pm Open Swim	3:00pm-6:00pm Swim Lessons (\$)		
6:00pm-8:00pm Open Swim		3:00pm-8:00pm Swim Lessons (\$)		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 07/31/2025

*Please check our Group Fitness schedule for any Aquacise Class updates online at www.marinjc.org