October Indoor Pool Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00am-8:00am</b> Adults Only (18+) (LL)	<b>6:00am-8:45am</b> Open Swim (LL)	<b>6:00am-7:15am</b> Adults Only (18+) (LL)	<b>6:00am-8:45am</b> Open Swim (LL)	<b>6:00am-8:00am</b> Adults Only (18+) (LL)	<b>7:00am-9:00am</b> Open Swim (LL)	<b>7:00am-9:00am</b> Adults Only (18+) (LL)
<b>8:00am-8:45am</b> Open Swim	8:45am-9:45am Water Stretch	7:15am-8:15am Aquasculpt Class (\$)	8:45am-9:45am Water Stretch	8:00am-8:45am Open Swim	<b>9:00am-3:00pm</b> Swim Lessons (\$)	9:00am-3:00pm Swim Lessons (\$)
<b>8:45am-9:45am</b> Aquacise*	<b>10:00am-12:00pm</b> Swim Lessons (\$)	8:15am-8:45am Open Swim	<b>10:00am-12:00pm</b> Swim Lessons (\$)	<b>8:45am-9:45am</b> Aquacise*	<b>3:00pm-6:45pm</b> Open Swim	<b>3:00pm-6:45pm</b> Open Swim
<b>10:00am-12:00pm</b> Swim Lessons (\$)	12:00pm-1:00pm Hydrotherapy Class (\$)	<b>8:45am-9:45am</b> Aquacise*	12:00pm-1:00pm Hydrotherapy Class (\$)	<b>10:00am-12:00pm</b> Swim Lessons (\$)		
<b>12:00pm-1:00pm</b> Hydrotherapy Class (\$)	<b>1:00pm-2:00pm</b> Adults Only (18+)	<b>10:00am-12:00pm</b> Swim Lessons (\$)	<b>1:00pm-2:00pm</b> Adults Only (18+)	12:00pm-1:00pm Hydrotherapy Class (\$)		
<b>1:00pm-2:00pm</b> Adults Only (18+)	2:00pm-3:00pm Arthritis Class (\$)	12:00pm-1:00pm Hydrotherapy Class (\$)	2:00pm-3:00pm Arthritis Class (\$)	<b>1:00pm-2:00pm</b> Adults Only (18+)		
<b>2:00pm-3:00pm</b> Open Swim	<b>3:00pm-6:00pm</b> Swim Lessons (\$)	<b>1:00pm-2:00pm</b> Adults Only (18+)	<b>3:00pm-6:00pm</b> Swim Lessons (\$)	<b>2:00pm-3:00pm</b> Open Swim		
<b>3:00pm-6:00pm</b> Swim Lessons (\$)	<b>6:00pm-7:00pm</b> Aquacise*	2:00pm-3:00pm Parkinson's Class (\$)	<b>6:00pm-7:00pm</b> Aquacise*	<b>3:00pm-6:00pm</b> Swim Lessons (\$)		
<b>6:00pm-7:45pm</b> Open Swim	<b>6:00pm-7:45pm</b> Open Swim	<b>3:00pm-7:45pm</b> Swim Lessons (\$)	<b>6:00pm-7:45pm</b> Open Swim	<b>6:00pm-6:45pm</b> 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:	Open Swim	Aquatic Fitness Class	Swim Lessons	Hydrotherapy Class	Adults Only	Updated 09/25/2025