

# July Indoor Pool Schedule

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

JCC Closes at 8:00pm

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SCHEDULE LEGEND:



Open Swim



Aquatic Fitness Class



Swim Lessons



Hydrotherapy Class



Adults Only

Updated 06/26/2026

\* Please check our Group Fitness schedule for any Aquacise Class updates online at [www.marinjc.org](http://www.marinjc.org)

Holiday Schedule: Independence Day - OPEN 8AM-4PM July 4th

Tot Pool: OPEN May 1st - October 31st