



Discover Your Center

(updated 11/02/14)

# JCCGW INDOOR POOL SCHEDULE

*Enjoy your swim!*

*\*Please note: Mon-Fri, 6am-9am, slow lane is divided in half with swimmers on one side and water joggers on the other side.*

Lane	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Slow</b>	<ul style="list-style-type: none"> <li>• 7-9am Lap swim</li> <li>• 9am-12:30pm Lessons</li> <li>• 2:30-8pm Open</li> </ul>	<ul style="list-style-type: none"> <li>• 6-9am Lap Swim</li> <li>• 9am-1pm Open</li> <li>• 1-1:45pm H2O Aerobic (1/2 fast)</li> <li>• 2-4pm Open</li> <li>• 4-6pm Lessons (½ lane)</li> <li>• 6-7pm Open</li> <li>• 7-7:45pm H2O Aerobics</li> <li>• 7:45-10pm Open</li> </ul>	<ul style="list-style-type: none"> <li>• 6am-1pm Lap Swim</li> <li>• 1-1:45pm H2O Aerobics</li> <li>• 2-4pm Open</li> <li>• 4-5:30pm Lessons</li> <li>• 5:30-10pm Lap Swim</li> </ul>	<ul style="list-style-type: none"> <li>• 6am-1pm Lap Swim</li> <li>• 1-1:45pm H2O Aerobic (1/2 fast)</li> <li>• 2-4pm Open</li> <li>• 4-5:30pm Lessons (1/2 lane)</li> <li>• 7-7:45pm H2O Aerobics</li> <li>• 7:45-10pm Open</li> </ul>	<ul style="list-style-type: none"> <li>• 6-9am Lap Swim</li> <li>• 9am-1pm Open</li> <li>• 1-1:45pm H2O Aerobics (1/2 fast)</li> <li>• 1:45-4pm Open</li> <li>• 4-5:30pm Lessons (½ lane)</li> <li>• 5:30-10pm Open</li> </ul>	<ul style="list-style-type: none"> <li>• 6-9am Lap Swim</li> <li>• 9am-1pm Open</li> <li>• 1-1:45pm H2O Aerobics (1/2 fast)</li> <li>• 1-8pm Open</li> </ul>	<ul style="list-style-type: none"> <li>• 10:30am-12:30pm Gudelsky Swim</li> <li>• 12:30-8pm Open Swim</li> </ul>
<b>Fast</b>	<ul style="list-style-type: none"> <li>• 7am-8pm Lap swim</li> </ul>	<ul style="list-style-type: none"> <li>• 6am-12pm Lap Swim</li> <li>• 12-1pm Masters</li> <li>• 1-1:45pm Lap Swim (½ lane)</li> <li>• 1:45-4pm Lap Swim</li> <li>• 4-6:30pm PreTeam &amp; Swim Club</li> <li>• 6:30-10pm Lap Swim</li> </ul>	<ul style="list-style-type: none"> <li>• 6am-10pm Lap Swim</li> </ul>	<ul style="list-style-type: none"> <li>• 6am-12pm Lap Swim</li> <li>• 12-1pm Masters</li> <li>• 1-1:45pm Lap Swim (½ lane)</li> <li>• 1:45-10pm Lap Swim</li> </ul>	<ul style="list-style-type: none"> <li>• 6am-4pm Lap Swim</li> <li>• 4-6:30pm PreTeam &amp; Swim Club</li> <li>• 6:30-10pm Lap Swim</li> </ul>	<ul style="list-style-type: none"> <li>• 6am-12pm Lap Swim</li> <li>• 12-1pm Masters</li> <li>• 1-1:45pm Lap Swim (½ lane)</li> <li>• 1:45-8pm Lap Swim</li> </ul>	<ul style="list-style-type: none"> <li>• 10:30am-12:30pm Gudelsky Swim</li> <li>• 12:30-8pm Open Swim</li> </ul>
<b>Medium</b>	<ul style="list-style-type: none"> <li>• 7am-5pm Lap Swim</li> <li>• 2-5pm Scuba class</li> <li>• 5-8pm Lap Swim</li> </ul>	<ul style="list-style-type: none"> <li>• 6am-12pm Lap Swim</li> <li>• 12-1pm Masters (½ lane)</li> <li>• 1-4pm Lap Swim</li> <li>• 4-7pm PreTeam &amp; Swim Club</li> <li>• 7-10pm Lap Swim</li> </ul>	<ul style="list-style-type: none"> <li>• 6-9:30am Lap Swim</li> <li>• 9:30am-12:30pm Physical Therapy (1/2 Lane)</li> <li>• 12:30-8pm Lap Swim</li> <li>• 8-10pm Scuba class</li> </ul>	<ul style="list-style-type: none"> <li>• 6am-12pm Lap Swim</li> <li>• 12-1pm Masters (½ lane)</li> <li>• 1-2pm Lap Swim</li> <li>• 2-4:15pm Physical Therapy (1/2 Lane)</li> <li>• 4:15-10pm Lap Swim</li> </ul>	<ul style="list-style-type: none"> <li>• 6-9:30am Lap Swim</li> <li>• 9:30-12:30pm Physical Therapy (1/2 Lane)</li> <li>• 12:30-4pm Lap Swim</li> <li>• 4-6:30pm PreTeam &amp; Swim Club</li> <li>• 6:30-8pm Lap Swim</li> <li>• 8-10pm Scuba class</li> </ul>	<ul style="list-style-type: none"> <li>• 6am-12pm Lap Swim</li> <li>• 12-1pm Masters (½ lane)</li> <li>• 1-2pm Lap Swim</li> <li>• 2-4:15pm Physical Therapy (1/2 Lane)</li> <li>• 4:15-8pm Lap</li> </ul>	<ul style="list-style-type: none"> <li>• 10:30am-12:30pm Gudelsky Swim</li> <li>• 12:30-8pm Open Swim</li> </ul>