

## 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 loggers on the other side

Lane	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	• 7-9am	6-9am Lap Swim	• 6am-1pm	• 6am-1pm	• 6-9am	6-9am Lap Swim	• 10:30am-12:30pm
	Lap swim	• 9am-1pm Open	Lap Swim	Lap Swim	Lap Swim	• 9am-1pm Open	Gudelsky Swim
	• 9am-12:30pm	• 1-1:45pm H2O	• 1-1:45pm	• 1-1:45pm H2O	• 9am-1pm	• 1-1:45pm	• 12:30-8pm
	Lessons	Aerobic (1/2 fast)	. H2O Aerobics	Aerobic (1/2 fast)	Open	H2O Aerobics	Open Swim
	• 2:30-8pm Open	• 2-4pm Open	• 2-4pm Open	• 2-4pm Open	• 1-1:45pm	(1/2 fast)	
Slow		• 4-6pm Lessons	• 4-5:30pm	• 4-5:30pm	H2O Aerobics	• 1-8pm Open	
		(½ lane)	Lessons	Lessons (1/2 lane)	• 1:45-4pm Open		
		• 6-7pm Open	5:30-10pm	• 7-7:45pm	• 4-5:30pm		
		• 7-7:45pm H2O	Lap Swim	. H2O Aerobics	Lessons (½ lane)		
		Aerobics		7:45-10pm Open	• 5:30-10pm Open		
		• 7:45-10pm					
		Open					
Fast	• 7am-8pm	• 6am-12pm	• 6am-10pm	• 6am-12pm	• 6am-4pm	• 6am-12pm	• 10:30am-12:30pm
	Lap swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Gudelsky Swim
		• 12-1pm		• 12-1pm Masters	• 4-6:30pm	• 12-1pm Masters	• 12:30-8pm
		Masters		• 1-145pm Lap	<ul> <li>PreTeam &amp; Swim</li> </ul>	• 1-1:45pm . Lap	Open Swim
		• 1-1:45pm Lap		Swim (1/2 lane)	Club	Swim (1/2 lane)	
		Swim (1/2 lane)		• 1:45-10pm	• 6:30-10pm	• 1:45-8pm	
		• 1:45-4pm		Lap Swim	Lap Swim	Lap Swim	
		Lap Swim					
		• 4-6:30pm					
		PreTeam & Swim					
		Club					
		• 6:30-10pm					
		Lap Swim					
	• 7am-5pm	• 6am-12pm	• 6-9:30am	• 6am-12pm	• 6-9:30am	• 6am-12pm	• 10:30am-12:30pm
	Lap Swim	Lap Swim	Lap Swim	Lap Swim	. Lap Swim	Lap Swim	Gudelsky Swim
	• 2-5pm	• 12-1pm	• 9:30am-12:30pm	• 12-1pm	• 9:30-12:30pm	• 12-1pm	• 12:30-8pm Open Swim
	Scuba class	Masters (1/2 lane)	Physical Therapy	Masters (1/2 lane)	Physical Therapy	Masters (1/2 lane)	Open Swim
	• 5-8pm	• 1-4pm Lap Swim	(1/2 Lane)	• 1-2pm Lap Swim	(1/2 Lane)	1-2pm Lap Swim	
	Lap Swim	• 4-7pm	• 12:30-8pm	• 2-4:15pm	• 12:30-4pm Lap	• 2-4:15pm	
Medium		PreTeam &	Lap Swim	Physical Therapy	Swim	Physical Therapy	
Mediaiii		Swim Club	• 8-10pm	(1/2 Lane)	• 4-6:30pm	(1/2 Lane)	
		• 7-10pm	Scuba class	• 4:15-10pm	PreTeam & Swim	4:15-8pm Lap	
		Lap Swim		Lap Swim	Club		
					• 6:30-8pm		
					Lap Swim		
					• 8-10pm		
					Scuba class		