



Discover Your Center

(updated 06/18/14)

JCCGW INDOOR POOL SCHEDULE

Enjoy your swim!

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