# INDOOR POOL SCHEDULE
## Fall 2026

Mandel JCC CLEVELAND

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|---|
| 5:30 AM | | **5:30 - 8:30 am**<br>4 lap / 2 open | **5:30 - 8 am**<br>4 lap / 2 open | **5:30 - 8:30 am**<br>4 lap / 2 open | **5:30 - 8 am**<br>4 lap / 2 open | **5:30 - 7:55 am**<br>4 lap / 2 open | |
| 6:00 AM | | | | | | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | **7 - 10:10 am**<br>4 lap / 2 open | | **8 - 9 am**<br>3 lap / 0 open | | **8 - 9 am**<br>3 lap / 0 open | **8 - 10 am**<br>3 lap / 0 open | **7- 8:55 am**<br>4 lap / 2 open |
| 8:30 AM | | **8:30 - 9:15 am**<br>3 lap / 0 open | | **8:30 - 9:15 am**<br>3 lap / 0 open | | | |
| 9:00 AM | | | **9-9:45am**<br>**3 lap/0 open***<br>***deep end only** | | **9-9:45am**<br>**3 lap/0 open***<br>***deep end only** | | **9 - 10 am**<br>0 lap / 0 open<br>*Master Swim* |
| 9:30 AM | | **9:15 - 10:30 am**<br>3 lap / 0 open*<br>**deep end only* | | **9:15 - 10:30 am**<br>3 lap / 0 open*<br>**deep end only* | | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | **10:15 - 11:45 am**<br>4 lap / 2 open<br>*Female Only* | | | | | **10 am - 12:55 pm**<br>4 lap / 2 open | **10 am - 12 pm**<br>4 lap / 0 Open* *deep end only |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | **9:45 am - 6:25pm**<br>4 lap / 2 open | | **9:45 am - 4:00 pm**<br>4 lap / 2 open | | |
| 12:00 PM | | **10:30 am - 1:55 pm**<br>4 lap / 2 open | | | | | |
| 12:30 PM | | | | | | | |
| 1:00 PM | | | | | | **1 - 2 pm**<br>4 lap / 2 open<br>*Female Only* | |
| 1:30 PM | | | | | | | |
| 2:00 PM | **11:45am-3pm**<br>4 lap/0 open* Deep end only | **2 - 3 pm**<br>4 laps / 2 open<br>*Female Only* | | **10:30 am - 4 pm**<br>**4 lap/2 open** | | | |
| 2:30 PM | | | | | | **2 - 5:45 pm**<br>4 lap / 2 open | **12 - 4:45 pm**<br>4 lap / 2 open |
| 3:00 PM | | | | | | | |
| 3:30 PM | **3:00pm - 4:45 pm**<br>3 lap / 3 open<br>*Open Family Swim* | | | | | | |
| 4:00 PM | | | | **4-6:25pm**<br>**3 lap/3open***<br>**Deep end only** | **4:00-6:25pm**<br>3 lap / 3 open | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | **POOL CLOSES AT 4:45 PM** | **3 - 8 pm**<br>3 lap / 3 open | | | | **POOL CLOSES AT 5:45 PM** | **POOL CLOSES AT 4:45 PM** |
| 5:30 PM | | | | | | | |
| 6:00 PM | | | | | | | |
| 6:30 PM | | | **6:30 - 7:45 pm**<br>0 lap / 0 open<br>*Masters Swim* | **6:30 - 7:45 pm**<br>4 laps / 2 open<br>*Female Only* | **6:30 - 7:45 pm**<br>4 laps / 2 open<br>*Male Only* | | |
| 7:00 PM | | | | | | | |
| 7:30 PM | | | | | | | |
| 8:00 PM | | **8 - 8:45 pm**<br>4 lap / 2 open | **7:50 - 8:45 pm**<br>4 lap / 2 open<br>Female Only | **7:45 - 8:45 pm**<br>4 lap / 2 open | **7:45 - 8:45 pm**<br>4 lap / 2 open | | |
| 8:30 PM | | | | | | | |

- Lane format at the discretion of the lifeguard.
- Lap lanes are for lap swimming. No lap swimming in open rec lanes.
- Private lessons will be held in the open areas.
- Person training/small group training will be held in the open areas.
- NOTE: Single-gender swim is canceled when the Mandel JCC modifies building or operational hours.

**pool@mandeljcc.org**

**POOL CLOSES AT 8:45 PM • SHEDULE SUBJECT TO CHANGE**

*REV 10/29/26*