

INDOOR POOL SCHEDULE

Fall 2025



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM		5:30 - 8:30 am 4 lap / 2 open	5:30 - 8 am 4 lap / 2 open	5:30 - 8:30 am 4 lap / 2 open	5:30 - 8 am 4 lap / 2 open	5:30 - 7:55 am 4 lap / 2 open
7:30 AM						
8:00 AM						
8:30 AM			8 - 9 am 3 lap / 0 open	8 - 9 am 3 lap / 0 open	8 - 9 am 3 lap / 0 open	7 - 8:55 am 4 lap / 2 open
9:00 AM	7 - 10:10 am 4 lap / 2 open	8:30 - 9:15 am 3 lap / 0 open		8:30 - 9:15 am 3 lap / 0 open		
9:30 AM		9:15 - 10:30 am 3 lap / 0 open* *deep end only		9:15 - 10:30 am 3 lap / 0 open* *deep end only		9 - 10 am 0 lap / 0 open Master Swim
10:00 AM						
10:30 AM	10:15 - 11:45 am 4 lap / 2 open Female Only					10 am - 12 pm 4 lap / 0 Open* *deep end only
11:00 AM					10 am - 12:55 pm 4 lap / 2 open	
11:30 AM						
12:00 PM		10:30 am - 2 pm 4 lap / 2 open				
12:30 PM						
1:00 PM						
1:30 PM			9 am - 6:30pm 4 lap / 2 open		9 am - 6:25 pm 4 lap / 2 open	1 - 2 pm 4 lap / 2 open Female Only
2:00 PM	11:45am-3pm 4 lap/0 open* Deep end only	2 - 3 pm 4 laps / 2 open Female Only		10:30 am - 4 pm 4lap/2 open		
2:30 PM				4-630pm 3 lap/3open* Deep end only		
3:00 PM	3:00pm - 4:45 pm 3 lap / 3 open Open Family Swim					12 - 4:45 pm 4 lap / 2 open
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM		3 - 8 pm 3 lap / 3 open				
6:00 PM	POOL CLOSING AT 4:45 PM				POOL CLOSING AT 5:45 PM	POOL CLOSING AT 4:45 PM
6:30 PM						
7:00 PM			6:30 - 7:45 pm 0 lap / 0 open Masters Swim	6:30 - 7:45 pm 4 laps / 2 open Female Only	6:30 - 7:45 pm 4 laps / 2 open Male Only	
7:30 PM						
8:00 PM		8 - 8:45 pm 4 lap / 2 open	7:45 - 8:45 pm 4 lap / 2 open Female Only	7:45 - 8:45 pm 4 lap / 2 open		
8:30 PM						

POOL CLOSING AT 8:45 PM • SCHEDULE SUBJECT TO CHANGE

REV 11/25/25

- 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