

INDOOR POOL SCHEDULE

Winter 2025



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
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8:00 PM							
8:30 PM							

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		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	
	5:30 - 8:30 am 4 lap / 2 open	8 - 9 am 3 lap / 0 open	8:30 - 9:15 am 3 lap / 0 open	8 - 9 am 3 lap / 0 open	8 - 10 am 3 lap / 0 open	8 - 8:55 am 4 lap / 2 open
8 - 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 - 10 am 0 lap / 0 open Master Swim
	9:15 - 10:30 am 3 lap / 0 open* *deep end only		9:15 - 10:30 am 3 lap / 0 open* *deep end only			
10:15 - 11:45 am 4 lap / 2 open Female Only						10 am - 12 pm 4 lap / 0 open* *deep end only open
	10:30 am - 2 pm 4 lap / 2 open				10 am - 12:55 pm 4 lap / 2 open	
		9 am - 6:25 pm 4 lap / 2 open		9 am - 6:25 pm 4 lap / 2 open	1 - 2 pm 4 lap / 2 open Female Only	
	2 - 3 pm 4 laps / 2 open Female Only		10:30 am - 6:25 pm 4 lap / 2 open			12 - 5:45 pm 4 lap / 2 open
11:45 am - 5:45 pm 3 lap / 3 open Open Family Swim						
					2 - 5:45 pm 4 lap / 2 open	
	3 - 8 pm 3 lap / 3 open					
POOL CLOSSES AT 5:45 PM					POOL CLOSSES AT 5:45 PM	POOL CLOSSES AT 5:45 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	<ul style="list-style-type: none"> • Lane format at the discretion of the lifeguard • 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. <p>pool@mandeljcc.org</p>	
	8 - 8:45 pm 4 lap / 2 open	7:45 - 8:45 pm 4 lap / 2 open	7:45 - 8:45 pm 4 lap / 2 open	7:45 - 8:45 pm 4 lap / 2 open		

POOL CLOSSES AT 8:45 PM-SCHEDULE SUBJECT TO CHANGE