

# INDOOR POOL SCHEDULE

## Winter 2026



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

REV 1/7/26