

INDOOR POOL SCHEDULE

Winter 2026



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 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	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	7 - 10:10 am 4 lap / 2 open	8:30 - 9:15 am 3 lap / 0 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	7-8:55 am 4 lap / 2 open
8:30 AM							
9:00 AM							
9:30 AM	10:15 - 11:45 am 4 lap / 2 open <i>Female Only</i>	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>			9 - 10 am 0 lap / 0 open <i>Master Swim</i>
9:30 AM							
10:00 AM							
10:30 AM		10:30 am - 2 pm 4 lap / 2 open				10 am - 12:55 pm 4 lap / 2 open	10 am - 12 pm 4 lap / 0 Open* <i>*deep end only</i>
11:00 AM							
11:30 AM							
12:00 PM	11:45am-3pm 4 lap/0 open* Deep end only	2 - 3 pm 4 laps / 2 open <i>Female Only</i>	9 am - 4 pm 4 lap / 2 open	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>	12 - 4:45 pm 4 lap / 2 open
12:30 PM							
1:00 PM							
1:30 PM	3:00pm - 4:45 pm 3 lap / 3 open <i>Open Family Swim</i>		4-630pm 3 lap/3open* Deep end only			2 - 5:45 pm 4 lap / 2 open	
2:00 PM							
2:30 PM							
3:00 PM	POOL CLOSING AT 4:45 PM	3 - 8 pm 3 lap / 3 open	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>	POOL CLOSING AT 5:45 PM	POOL CLOSING AT 4:45 PM
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
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