



INDOOR POOL SCHEDULE

Spring 2025



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM							
6:00 AM							
6:30 AM			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	
7:00 AM		5:30 - 8:30 am 4 lap / 2 open					
7:30 AM							
8:00 AM			8 - 9 am 3 lap / 0 open		8 - 9 am 3 lap / 0 open		8 - 8:55 am 4 lap / 2 open
8:30 AM	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		8 - 10 am 3 lap / 0 open	
9:00 AM							9 - 10 am 0 lap / 0 open Master Swim
9:30 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>			
10:00 AM							
10:30 AM	10:15 - 11:45 am 4 lap / 2 open <i>Female Only</i>						10 am - 12 pm 4 lap / 2 open
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						1 - 2 pm 4 lap / 2 open <i>Female Only</i>	
1:30 PM			9 am - 6:25 pm 4 lap / 2 open		9 am - 6:25 pm 4 lap / 2 open		
2:00 PM		2 - 3 pm 4 laps / 2 open <i>Female Only</i>		10:30 am - 6:25 pm 4 lap / 2 open			12 - 5:45 pm 4 lap / 2 open
2:30 PM	11:45 am - 5:45 pm 3 lap / 3 open <i>Open Family Swim</i>						
3:00 PM							
3:30 PM							
4:00 PM						2 - 5:45 pm 4 lap / 2 open	
4:30 PM							
5:00 PM		3 - 8 pm 3 lap / 3 open					
5:30 PM							
6:00 PM	POOL CLOSING AT 5:45 PM					POOL CLOSING AT 5:45 PM	POOL CLOSING AT 5:45 PM
6:30 PM						<ul style="list-style-type: none"> • 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 	
7:00 PM			6:30 - 7:45 pm 0 lap / 0 open Masters Swim	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	7:45 - 8:45 pm 4 lap / 2 open	7:45 - 8:45 pm 4 lap / 2 open		
8:30 PM							

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

Rev. 01/09/25