

# INDOOR POOL SCHEDULE

## Spring 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		9:15 - 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							
11:30 AM							
12:00 PM		10:30 am - 1:55 pm 4 lap / 2 open					
12:30 PM							
1:00 PM							
1:30 PM						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	9 am - 6:25pm 4 lap / 2 open	10:30 am -3:30 pm 4 lap / 2 Open	9 am - 6:25 pm 4 lap / 2 open		
2:30 PM				3:30pm-6:25pm 3 lap/3 open			
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	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](mailto:pool@mandeljcc.org)