

INDOOR POOL SCHEDULE

Summer 2025



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	POOL CLOSED for Maintenance Aug.11-Sept.1	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	8 - 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	8 - 8:55 am 4 lap / 2 open
8:30 AM							
9:00 AM							
9:30 AM							
10:00 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 Master Swim
10:30 AM							
11:00 AM	11:45 am - 5:45 pm 3 lap / 3 open <i>Open Family Swim</i>	10:30 am - 1:55 pm 4 lap / 2 open	9 am - 6:25 pm 4 lap / 2 open	10:30 am - 6:25 pm 4 lap / 2 open	9 am - 6:25 pm 4 lap / 2 open	10 am - 12:55 pm 4 lap / 2 open	10 am - 2:15 pm 4 lap / 0 open* <i>*deep end only</i>
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	POOL CLOSING AT 5:45 PM	3 - 8 pm 3 lap / 3 open	6:30 - 7:45 pm 4 lap / 2 open	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>	2 - 5:45 pm 4 lap / 2 open	2:15 - 5:45 pm 4 lap / 2 open
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							

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

Rev. 5/16/25

- Lane format at the discretion of the lifeguard
- Private lessons will be held in the open areas
- * Lap lanes are for lap swimming, no lap swimming in open rec lanes
- 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.