

Aquatics Schedule

Our aquatics facility is a great place to participate in lap or family swimming activities. Lap swimming provides a comprehensive cardiovascular workout that improves overall fitness and endurance while promoting stress relief. Family swimming allows for quality bonding time, encouraging physical activity and healthy habits for all family members. Swimming during open times is free for JCC members.

Effective: July 1 - September 1, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Member Swim 7:00 - 9:30	Member Swim 7:00 - 9:30	Member Swim 7:00 - 9:30	Member Swim 7:00 - 9:30	Member Swim 7:00 - 9:30	JCC Closed	Member Swim 8:00 - 3:45	
Water Aerobics 8:15 - 9:00	Water Aerobics 8:15 - 9:00	Water Aerobics 8:15 - 9:00	Water Aerobics 8:15 - 9:00	Water Aerobics 8:15 - 9:00			
Toddler & Preschool Swim 9:30 - 10:00	Toddler & Preschool Swim 9:30 - 10:00	Toddler & Preschool Swim 9:30 - 10:00	Toddler & Preschool Swim 9:30 - 10:00	Toddler & Preschool Swim 9:30 - 12:30			
Camp JCC Swim 10:00-12:30	Camp JCC Swim 10:00-12:30	Camp JCC Swim 10:00-12:30	Camp JCC Swim 10:00-12:30	*August 19- 30 Friday Member Swim Hours: 7:00 - 9:30 12:30 - 1:30 3:30 - 7:45 ONLY			
Member Swim 12:30-1:30	Member Swim 12:30-1:30	Member Swim 12:30-1:30	Member Swim 12:30-1:30				Member Swim 12:30 - 7:45*
Camp JCC Swim 1:30 - 3:30	Camp JCC Swim 1:30 - 3:30	Camp JCC Swim 1:30 - 3:30	Camp JCC Swim 1:30 - 3:30				
Member Swim 3:30 - 7:45	Member Swim 3:30 - 7:45	Member Swim 3:30 - 7:45	Member Swim 3:30 - 7:45				