

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.

September 1 - December 31, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Member Swim 7:00 - 10:00	Member Swim 7:00 - 10:00	Member Swim 7:00 - 10:00	Member Swim 7:00 - 10:00	Member Swim 7:00 - 10:00	JCC Closed	Member Swim 8:00 - 3:45
Water Aerobics 9:00 - 9:45	Water Aerobics 9:00 - 9:45	Water Aerobics 9:00 - 9:45	Water Aerobics 9:00 - 9:45	Water Aerobics 9:00 - 9:45		
Pool Closed ECC Swim 10:00 - 11:00	Pool Closed ECC Swim 10:00 - 11:00	Pool Closed ECC Swim 10:00 - 11:00	Pool Closed ECC Swim 10:00 - 11:30	Pool Closed ECC Swim 10:00 - 11:00		
Member Swim 11:00 - 7:45	Member Swim 11:00 - 3:45	Member Swim 11:00 - 7:45	Member Swim 11:00 - 3:45	Member Swim 11:00 - 4:00		
	Kids Connection 3:45 - 5:00		Kids Connection 3:45 - 5:00			
	Member Swim 5:00 - 7:45		Member Swim 5:00 - 7:45	JCC Closed		