

Worcester JCC Indoor Pool Schedule Effective.....Tuesday, September 4 ... (Schedule subject to change)

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>7am-7:45am HYDRORIDER</p> <p>8am-9:00am (4 lap)</p> <p>9-11am SWIM LESSONS (2 adult lanes open) *no open swim</p> <p>11-6:30pm OPEN & LAP</p>	<p>7-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8-9am OPEN & LAP</p> <p>9-11am SWIM LESSONS (2 adult lanes open) *no open swim</p> <p>11-6:30pm OPEN & LAP</p>	<p>5:30-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8:15-9am AQUA CHALLENGE (2 lap)</p> <p>9:15-10am WATERWORKS (2 lap)</p> <p>10-1pm OPEN & LAP</p> <p>1-2pm ADULT SWIM</p> <p>2pm-3:30pm OPEN & LAP</p> <p>3:30-4:30pm ASSP (using 3 lanes)</p> <p>3:30-4:30pm 3 LAP</p> <p>4:30-5:30pm OPEN</p> <p>4:30-5:30pm SWIM CLUB (using 3 lanes)</p> <p>5:30-6:30pm OPEN & LAP</p> <p>6:30-7:30pm AQUA CHALLENGE (2 lap)</p> <p>7:30-9pm (open & lap)</p>	<p>5:30-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8:15-9am DEEP WATER (2 lap)</p> <p>9-9:30am OPEN & LAP</p> <p>9:30-11am PRESCHOOL SWIM (2 lap) Starts 10/15</p> <p>11-1pm OPEN & LAP</p> <p>1-2pm ADULT SWIM</p> <p>2-3:30pm OPEN & LAP</p> <p>3:30-4:30pm 3 LAP</p> <p>3:30-5pm SWIM LESSONS (NO LANES; 4:30-5PM)</p> <p>4:30-7pm SWIM CLUB (using 3 lanes)</p> <p>5-6pm FAMILY SWIM (no lap swimming)</p> <p>6-7pm (2 open & 1 lap)</p> <p>7-9pm (open & lap)</p>	<p>5:30-9am ADULT LAP SWIM (4 lap/ 2 open)</p> <p>9:15-10am DRENCHED (2 lap)</p> <p>10am-1pm OPEN & LAP</p> <p>10:30-11:30am SWIM LESSONS (3) (2 LAP)</p> <p>1-1:30pm SWIM LESSONS (3 LAP)</p> <p>1:30-2:30pm ADULT SWIM</p> <p>2-4pm OPEN & LAP</p> <p>4-4:30pm (3 LAP)</p> <p>4-5pm SWIM LESSONS (NO LANES; 4:30-5PM)</p> <p>4:30-5:30pm SWIM CLUB (using 3 lanes)</p> <p>5-5:30pm FAMILY</p> <p>5:30-6:30pm (open & lap)</p> <p>6:30-7:30pm AQUA CHALLENGE (2 lap)</p> <p>7:30-9pm (open & lap)</p>	<p>5:30-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8:15-9am HIIT THE WATER (2 lap)</p> <p>9-9:30am OPEN & LAP</p> <p>9:30-11am PRESCHOOL SWIM (2 lap) Starts 10/17</p> <p>11-1pm OPEN & LAP</p> <p>1-2pm ADULT SWIM</p> <p>2-3:30pm OPEN & LAP</p> <p>3:30-4:30pm 3 LAP</p> <p>3:30-5pm SWIM LESSONS (NO LANES; 4:30-5PM)</p> <p>4:30-7pm SWIM CLUB (using 3 lanes)</p> <p>5-6pm FAMILY SWIM (no lap swimming)</p> <p>6-7pm (2 open & 1 lap)</p> <p>7-9pm (open & lap)</p>	<p>5:30-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8:45-9:15am (open & lap)</p> <p>9:15-10am WATERWORKS (2 lap)</p> <p>10am-1pm OPEN & LAP</p> <p>1-2pm ADULT SWIM</p> <p>2-6:30pm OPEN & LAP</p> <p>3:30-4:30pm ASSP (using 3 lanes)</p>
<p>No School Days Swim Program (using 3 lanes) 11am-12pm and 2-3pm</p> <p>September 26 October 14 October 24 November 11</p>						