

Worcester JCC Indoor Pool Schedule Effective.....Friday, January 19 ... (Schedule subject to change)

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8am HYDRORIDER OPEN & 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>5:30-9am ADULT LAP SWIM (4 lap 2 open)</p> <p>9:15-10am WATERWORKS (2 lap)</p> <p>10-1pm OPEN & LAP</p> <p>1-2pm ADULT SWIM</p> <p>2-3:30pm OPEN & LAP</p> <p>3:30-4:30pm ASSP</p> <p>3-4:30pm WRHS (Using 4 lanes)</p> <p>3:30-4:30pm (NO LANES)</p> <p>4:30-5:30pm OPEN & 1 LAP</p> <p>4:30-5:30pm SWIM CLUB (using 3 lanes)</p> <p>5-9pm OPEN & LAP</p> <p>7-8:30pm SHS (using 3 lanes)</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)</p> <p>11-1pm OPEN & LAP</p> <p>1pm HYDRORIDER</p> <p>1-2pm ADULT SWIM</p> <p>2-3:30pm OPEN & LAP</p> <p>3:30-5pm SWIM LESSONS (NO LANES)</p> <p>3-4:30pm WRHS (Using 4 lanes)</p> <p>4:30-7pm SWIM CLUB (using 3 lanes)</p> <p>5-7pm OPEN & 1 LAP</p> <p>7:00pm- 8pm AQUA CHALLENGE (2 lap)</p> <p>7:45-9pm SHS (using 3 lanes)</p> <p>8-9pm 2 OPEN & 1 LAP</p>	<p>5:30-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8:15-9am WATER-IN-MOTION (2 lap)</p> <p>9:15-10am WATERWORKS (2 lap)</p> <p>10am-1pm OPEN & LAP</p> <p>10:30-11:30am SWIM LESSONS (3) (2 lap)</p> <p>1-2pm ADULT SWIM</p> <p>2-4pm OPEN</p> <p>3-4:30pm WRHS (Using 4 lanes)</p> <p>4-5pm SWIM LESSONS (NO LANES)</p> <p>4:30-5:30pm SWIM CLUB (using 3 lanes)</p> <p>5-9pm OPEN & LAP</p> <p>7-8:30pm SHS (using 3 lanes)</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)</p> <p>11-1pm OPEN & LAP</p> <p>1pm HYDRORIDER</p> <p>1-2pm ADULT SWIM</p> <p>2-3:30pm OPEN & LAP</p> <p>3-4:30pm WRHS (Using 4 lanes)</p> <p>3:30-5pm SWIM LESSONS (NO LANES)</p> <p>4:30-7pm SWIM CLUB (using 3 lanes)</p> <p>5-7pm OPEN & 1 LAP</p> <p>7:00-8pm AQUACHALLENGE (2 lap)</p> <p>7:45-9pm SHS (using 3 lanes)</p> <p>8-9pm 2 OPEN & 1 LAP</p>	<p>5:30-9am ADULT LAP SWIM (4 lap 2 open)</p> <p>9:15-10am WATER IN MOTION (2 lap)</p> <p>10am-1pm OPEN & LAP</p> <p>1-2pm ADULT SWIM</p> <p>2-3pm OPEN & LAP</p> <p>3-4:30pm * OPEN</p> <p>3-4:30pm WRHS (Using 4 lanes)</p> <p>Dec. 1: 4:30pm-6pm SHS (using 3 lanes)</p> <p>* POOL CLOSED</p> <p>SWIM MEETS: 3PM-5:30PM 12/8, 12/15, 12/22, 1/5, 1/12, 1/19</p> <p>5:30-6:30PM OPEN & LAP</p>
<ul style="list-style-type: none"> • PLEASE SHOWER BEFORE ENTERING POOL • NO CHILDREN in the pool during Adult Swim & Aqua Aerobics (Deep Water, Waterworks, Aqua Challenge & Water in Motion) • Depending on class size - only one lane may be open • Private lessons are taught during open / lap times • Please allow transition period between activities • During busy times lap swimmers may have to share lanes 						
<p>No School Days Swim Program (using 3 lanes) 11am-12pm and 2-3pm</p> <p>December 22 December 26-29 January 15, 17 & 25 February 19-23</p>						
<p>No Swim Lessons December 10-31</p>						