

Worcester JCC Indoor Pool Schedule Effective.....Tuesday, October 5 ... (Schedule subject to change)

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8-9:30am 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>5:30-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8:15am-9am H²O CIRCUIT (2 Lap)</p> <p>9:15-10am WATERWORKS (2 lap)</p> <p>10-1pm OPEN & LAP</p> <p>1-2pm ADULT SWIM (1 adult lap)</p> <p>2pm-3:15pm OPEN & LAP</p> <p>3:15pm-4:30pm ASSP (3 LAP)</p> <p>4:30pm-5:30pm OPEN & 1 LAP</p> <p>4:30pm-5:30pm SWIM CLUB (using 3 lanes)</p> <p>5:30pm-9pm OPEN & LAP</p>	<p>5:30-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8:15am-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 (1 adult lap)</p> <p>2pm-4pm OPEN & LAP</p> <p>3:30pm-5pm SWIM LESSONS (no lanes 4:30-5pm)</p> <p>4:30pm-7pm SWIM CLUB (using 3 lanes)</p> <p>5pm-7pm OPEN & 1 LAP</p> <p>7:05pm-8pm AQUA CHALLENGE (2 lap)</p> <p>8pm-9pm OPEN & LAP</p>	<p>5:30-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8:15am-9am WATER-IN-MOTION (2 lap)</p> <p>9:15-10am WATERWORKS (2 lap)</p> <p>10am-1pm OPEN & LAP</p> <p>10:30am-11:30am SWIM LESSONS (3) (2 lap 1 open)</p> <p>1-2pm ADULT SWIM (1 adult lap)</p> <p>2pm-4:30pm OPEN & LAP</p> <p>3:30pm-5pm SWIM LESSONS (no lanes 4:30-5pm)</p> <p>4:30pm-5:30pm SWIM CLUB (using 3 lanes)</p> <p>5pm-5:30pm OPEN & 1 LAP</p> <p>5:30pm-9pm OPEN & LAP</p>	<p>5:30-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8:15am-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 (1 adult lap)</p> <p>2pm-4pm OPEN & LAP</p> <p>3:30pm-5pm SWIM LESSONS (no lanes 4:30-5pm)</p> <p>4:30pm-7pm SWIM CLUB (using 3 lanes)</p> <p>5pm-7pm OPEN & 1 LAP</p> <p>8pm-9pm OPEN & LAP</p> <p>7:05pm-8pm AQUACHALLENGE (2 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 (1 adult lap)</p> <p>2pm-6:30pm OPEN & LAP</p> <p>3:30pm-4:30pm ASSP (using 3 lanes)</p>
<ul style="list-style-type: none"> • PLEASE SHOWER BEFORE ENTERING POOL • School vacation group swim; 11-12pm and 2-3pm on non-school days • 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>**Swim Lessons/Club begin September 10</p>						
<p>No School Days Swim Program (using 3 lanes) 11am - 12pm and 2-3pm October 6 October 9 October 26 November 9 and 10 November 21 and 22</p>						