

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

<u>SATURDAY</u>	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><b>7-8am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>8-9:30am</b> OPEN &amp; LAP</p> <p><b>9-11am</b> SWIM LESSONS (2 adult lanes open) <b>*no open swim</b></p> <p><b>11-6:30pm</b> OPEN &amp; LAP</p>	<p><b>7-8am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>8-9am</b> OPEN &amp; LAP</p> <p><b>9-11am</b> SWIM LESSONS (2 adult lanes open) <b>*no open swim</b></p> <p><b>11-6:30pm</b> OPEN &amp; LAP</p>	<p><b>5:30-8am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>8:15am-9am</b> H<sup>2</sup>O CIRCUIT (2 Lap)</p> <p><b>9:15-10am</b> WATERWORKS (2 lap)</p> <p><b>10-1pm</b> OPEN &amp; LAP</p> <p><b>1-2pm</b> SENIOR SWIM (1 adult lap)</p> <p><b>2pm-3:15pm</b> OPEN &amp; LAP</p> <p><b>3:15pm-4:30pm</b> ASSP (3 LAP)</p> <p><b>4:30pm-5:30pm</b> OPEN &amp; 1 LAP</p> <p><b>4:30pm-5:30pm</b> SWIM CLUB (using 3 lanes)</p> <p><b>5:30pm-9pm</b> OPEN &amp; LAP</p>	<p><b>5:30-8am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>8:15am-9am</b> HIIT THE WATER (2 lap)</p> <p><b>9-9:30am</b> OPEN &amp; LAP</p> <p><b>9:30-11am</b> Preschool Swim (2 lap)</p> <p><b>11-1pm</b> OPEN &amp; LAP</p> <p><b>1pm</b> HYDRORIDER</p> <p><b>1-2pm</b> SENIOR SWIM (1 adult lap)</p> <p><b>2pm-4pm</b> OPEN &amp; LAP</p> <p><b>3:30pm-5pm</b> SWIM LESSONS <b>(no lanes 4:30-5pm)</b></p> <p><b>4:30pm-7pm</b> SWIM CLUB (using 3 lanes)</p> <p><b>5pm-7pm</b> OPEN &amp; 1 LAP</p> <p><b>7:05pm-8pm</b> AQUA CHALLENGE (2 lap)</p> <p><b>8pm-9pm</b> OPEN &amp; LAP</p>	<p><b>5:30-8am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>8:15am-9am</b> WATER-IN-MOTION (2 lap)</p> <p><b>9:15-10am</b> WATERWORKS (2 lap)</p> <p><b>10am-1pm</b> OPEN &amp; LAP</p> <p><b>10:30am-11:30am</b> SWIM LESSONS (3) (2 lap 1 open)</p> <p><b>1-2pm</b> SENIOR SWIM (1 adult lap)</p> <p><b>2pm-4:30pm</b> OPEN &amp; LAP</p> <p><b>3:30pm-5pm</b> SWIM LESSONS <b>(no lanes 4:30-5pm)</b></p> <p><b>4:30pm-5:30pm</b> SWIM CLUB (using 3 lanes)</p> <p><b>5pm-5:30pm</b> OPEN &amp; 1 LAP</p> <p><b>5:30pm-9pm</b> OPEN &amp; LAP</p>	<p><b>5:30-8am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>8:15am-9am</b> DEEP WATER (2 lap)</p> <p><b>9-9:30am</b> OPEN &amp; LAP</p> <p><b>9:30-11am</b> Preschool Swim (2 lap)</p> <p><b>11-1pm</b> OPEN &amp; LAP</p> <p><b>1pm</b> HYDRORIDER</p> <p><b>1-2pm</b> SENIOR SWIM (1 adult lap)</p> <p><b>2pm-4pm</b> OPEN &amp; LAP</p> <p><b>3:30pm-5pm</b> SWIM LESSONS <b>(no lanes 4:30-5pm)</b></p> <p><b>4:30pm-7pm</b> SWIM CLUB (using 3 lanes)</p> <p><b>5pm-7pm</b> OPEN &amp; 1 LAP</p> <p><b>8pm-9pm</b> OPEN &amp; LAP</p> <p><b>7:05pm-8pm</b> AQUACHALLENGE (2 lap)</p>	<p><b>5:30-9am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>9:15-10am</b> WATER IN MOTION (2 lap)</p> <p><b>10am-1pm</b> OPEN &amp; LAP</p> <p><b>1-2pm</b> SENIOR SWIM (1 adult lap)</p> <p><b>2pm-6:30pm</b> OPEN &amp; LAP</p> <p><b>3:30pm-4:30pm</b> ASSP (using 3 lanes)</p>
<ul style="list-style-type: none"> <li>• PLEASE SHOWER BEFORE ENTERING POOL</li> <li>• School vacation group swim; 11-12pm and 2-3pm on non-school days</li> <li>• NO CHILDREN in the pool during Senior Swim &amp; Aqua Aerobics (Deep Water, Waterworks, Aqua Challenge &amp; Water in Motion)</li> <li>• Depending on class size - only one lane may be open</li> <li>• Private lessons are taught during open / lap times</li> <li>• Please allow transition period between activities</li> <li>• During busy times lap swimmers may have to share lanes</li> </ul>						
<p>**Swim Lessons/Club begin September 10</p>						