

Worcester JCC Indoor Pool Schedule Effective.....Tuesday, May 28-June 16 ... (Schedule subject to change)

SATURDAY

7-8am
ADULT LAP SWIM
(4 lap)

7am-8am
HYDRORIDER
(using 2 lanes)

8am-9am
HYDRORIDER
(using 3 lanes)
(lap 3 lanes)

9-6:30pm
(open & lap)

SUNDAY

7-8am
ADULT LAP SWIM
(4 lap 2 open)

9-6:30pm
(open & lap)

MONDAY

5:30-9:15am
ADULT LAP SWIM
(4 lap 2 open)

8am-8:45am
HYDROCIRCUIT (3 lap)

9:15-10am
WATERWORKS
(2 lap)

10-12pm
Swim Lessons
(2 Lap)

11:30pm-1pm
(Open & Lap)

1-2pm
ADULT SWIM

2pm-3:30pm*
(Open & Lap)

3:30pm-4:30pm
(ASSP using 3 lanes)

3:30-4:30pm
(3 lap)

4:30-6:30pm
Open & Lap

6:30-7:30pm
AQUA CHALLENGE
(2 lap)

7:30-9pm
(open & lap)

TUESDAY

5:30-8am
ADULT LAP SWIM
(4 lap 2 open)

8:15-9am
HIIT THE WATER
(2 lap)

9-10:30am
(open & lap)

10 - 12pm
Camp Swim
(2 lap)

11:30pm-1pm
(Open & Lap)

1-2pm
ADULT SWIM

2-9pm*
(Open & lap)

WEDNESDAY

5:30-6am
ADULT LAP SWIM
(4 lap/ 2 open)

6am-6:45am
HYDRORIDER (3 lap)

6:45-8:15am
(open & lap)

8:15-9am
WATER-IN-MOTION
(2 lap)

9:15-10am
WATERWORKS
(2 lap)

10-12pm
CAMP LESSONS
(2 lap)

12pm-1pm
(Open & Lap)

1-2pm
ADULT SWIM

2-6:30pm*
(open & lap)

6:30-7:30pm
AQUA CHALLENGE
(2 lap)

7:30-9pm
(open & lap)

THURSDAY

5:30-8am
ADULT LAP SWIM
(4 lap 2 open)

8:15-9am
DEEP WATER
(2 lap)

9-10:30am
(open & lap)

10-12pm
Camp Lessons
(2 lap)

12pm-1pm
(Open & Lap)

1-2pm
ADULT SWIM

2-9pm
(2 open & 1 lap)

FRIDAY

5:30-8am
ADULT LAP SWIM
(4 lap 2 open)

8:45-9:15am
(open & lap)

9:15-10am
WATER IN MOTION
(2 lap)

10-12pm
Camp Lessons
(2 lap)

12pm-1pm
(Open & Lap)

1-2pm
ADULT SWIM

2-3:30pm*
(open & lap)

3:30pm-4:30pm
(ASSP using 3 lanes)

3:30-4:30pm
(3 lap)

4:30-6:30pm
(open & lap)

- Children 12 & under must have parent on pool deck
- 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 - one lane will 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

ATTENTION:

Monday - Friday

2:30 - 3:00pm

Camp Free Swim 6/3 - 6/14



Inclement Weather:

During inclement weather the outdoor pool will close and the indoor pool will remain open, schedule permitting.