

Worcester JCC Indoor Pool Schedule Effective.....Monday, February 26 ... (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><u>7-8am</u> ADULT LAP SWIM (4 lap 2 open)</p> <p><u>8am-8:45am</u> HYDRORIDER</p> <p><u>8am-9:00am</u> (4 lap)</p> <p><u>9-11am</u> SWIM LESSONS (2 adult lanes open) *no open swim</p> <p><u>11-6:30pm</u> OPEN & LAP</p>	<p><u>7-8am</u> ADULT LAP SWIM (4 lap 2 open)</p> <p><u>8-9am</u> OPEN & LAP</p> <p><u>9-11am</u> SWIM LESSONS (2 adult lanes open) *no open swim</p> <p><u>11-6:30pm</u> OPEN & LAP</p>	<p><u>5:30-8:15am</u> ADULT LAP SWIM (4 lap 2 open)</p> <p><u>8:15am-9:00am</u> HYDRORIDER</p> <p><u>8:15am-9:15am</u> (4 lap)</p> <p><u>9:15-10am</u> WATERWORKS (2 lap)</p> <p><u>10-1pm</u> OPEN & LAP</p> <p><u>1-2pm</u> ADULT SWIM</p> <p><u>2pm-3:30pm</u> OPEN & LAP</p> <p><u>3:30-4:30pm</u> ASSP (using 3 lanes)</p> <p><u>3:30-4:30pm</u> 3 LAP</p> <p><u>4:30-5:30pm</u> OPEN & 1 LAP</p> <p><u>4:30-5:30pm</u> SWIM CLUB (using 3 lanes)</p> <p><u>5:30-9pm</u> OPEN & LAP</p>	<p><u>5:30-8am</u> ADULT LAP SWIM (4 lap 2 open)</p> <p><u>8:15-9am</u> HIIT THE WATER (2 lap)</p> <p><u>9-9:30am</u> OPEN & LAP</p> <p><u>9:30-11am</u> Preschool Swim (2 lap)</p> <p><u>11-1pm</u> OPEN & LAP</p> <p><u>1-2pm</u> ADULT SWIM</p> <p><u>2-3:30pm</u> OPEN & LAP</p> <p><u>3:30-4:30pm</u> 3 LAP</p> <p><u>3:30-5pm</u> SWIM LESSONS (NO LANES; 4:30-5PM)</p> <p><u>4:30-7pm</u> SWIM CLUB (using 3 lanes)</p> <p><u>5-7pm</u> OPEN & 1 LAP</p> <p><u>7:00pm- 8pm</u> AQUA CHALLENGE (2 lap)</p> <p><u>8-9pm</u> OPEN & LAP</p>	<p><u>5:30-6:30am</u> ADULT LAP SWIM (4 lap)</p> <p><u>5:45am-6:15am</u> HYDRORIDER</p> <p><u>6:15-8:15am</u> (4 lap 2 open)</p> <p><u>8:15-9am</u> WATER-IN-MOTION (2 lap)</p> <p><u>9:15-10am</u> WATERWORKS (2 lap)</p> <p><u>10am-1pm</u> OPEN & LAP</p> <p><u>10:30-11:30am</u> SWIM LESSONS (3) (2 LAP)</p> <p><u>1-2pm</u> ADULT SWIM</p> <p><u>2-3:30pm</u> OPEN & LAP</p> <p><u>3:30-4:30pm</u> 3 LAP</p> <p><u>3:30-5pm</u> SWIM LESSONS (NO LANES; 4:30-5PM)</p> <p><u>3:30-4:30pm</u> 3 LAP</p> <p><u>4:30-5pm</u> SWIM LESSONS (NO LANES; 4:30-5PM)</p> <p><u>5-7pm</u> 3 LAP</p> <p><u>5:30-6pm</u> SWIM LESSONS (NO LANES; 4:30-5PM)</p> <p><u>6-7pm</u> 3 LAP</p> <p><u>7:00-8pm</u> SWIM CLUB (using 3 lanes)</p> <p><u>8-9pm</u> OPEN & LAP</p>	<p><u>5:30-8am</u> ADULT LAP SWIM (4 lap 2 open)</p> <p><u>8:15-9am</u> DEEP WATER (2 lap)</p> <p><u>9-9:30am</u> OPEN & LAP</p> <p><u>9:30-11am</u> Preschool Swim (2 lap)</p> <p><u>11-1pm</u> OPEN & LAP</p> <p><u>1-2pm</u> ADULT SWIM</p> <p><u>2-3:30pm</u> OPEN & LAP</p> <p><u>3:30-4:30pm</u> 3 LAP</p> <p><u>3:30-5pm</u> SWIM LESSONS (NO LANES; 4:30-5PM)</p> <p><u>5-7pm</u> OPEN & 1 LAP</p> <p><u>7:00-8pm</u> AQUACHALLENGE (2 lap)</p> <p><u>8-9pm</u> OPEN & LAP</p>	<p><u>5:30-9:15am</u> ADULT LAP SWIM (4 lap 2 open)</p> <p><u>9:15-10am</u> WATER IN MOTION (2 lap)</p> <p><u>10am-1pm</u> OPEN & LAP</p> <p><u>1-2pm</u> ADULT SWIM</p> <p><u>2-6:30pm</u> OPEN & LAP</p> <p><u>3:30-4:30pm</u> ASSP (using 3 lanes)</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>March 8, 29, 30 April 16-20 May 14, 25</p>						