

Worcester JCC Indoor Pool Schedule Effective.....Monday, November 29 ... (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>7-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8am-9am HYDRORIDER (using 3 lanes) (lap 3 lanes)</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>5:30-9:15am ADULT LAP SWIM (4 lap 2 open)</p> <p>8am-8:45am HYDROCIRCUIT (3 lap)</p> <p>9:15-10am WATERWORKS (2 lap)</p> <p>10-1pm (open & lap)</p> <p>1-2pm ADULT SWIM</p> <p>2pm-3:30pm (2 open)</p> <p>3-4:30pm WRHS (using 4 lanes)</p> <p>3:30-4:30pm NO LANES (ASSP)</p> <p>4:30-5:30pm (2 open & 1 lap)</p> <p>4:30-5:30pm SWIM CLUB (using 3 lanes)</p> <p>5-9pm (2 open & 1 lap)</p> <p>7:45-9pm 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>1-2pm ADULT SWIM</p> <p>2-3:30pm (2 open)</p> <p>3-4:30pm WRHS (using 4 lanes)</p> <p>3:30-5pm SWIM LESSONS (NO LANES; 3:30-5PM)</p> <p>4:30-7pm SWIM CLUB (using 3 lanes)</p> <p>5-7pm (2 open & 1 lap)</p> <p>7- 8pm AQUA CHALLENGE (2 lap)</p> <p>7:45-9pm SHS (using 3 lanes)</p> <p>8-9pm (2 open & 1 lap)</p>	<p>5:30-6am ADULT LAP SWIM (4 lap/ 2 open)</p> <p>6am-6:45am HYDRORIDER (3 lap)</p> <p>6:45-8:15am (open & lap)</p> <p>8:15-9am WATER-IN-MOTION (2 lap)</p> <p>9:15-10am WATERWORKS (2 lap)</p> <p>10am-1:30pm (open & lap)</p> <p>10:30-11:30am SWIM LESSONS (3) (2 lap)</p> <p>1-1:30pm PRESCHOOL SWIM LESSONS (using 2 lanes)</p> <p>1:30-2:30pm ADULT SWIM</p> <p>2-4pm (open & lap)</p> <p>3-4:30pm WRHS (using 4 lanes)</p> <p>4-5pm SWIM LESSONS (NO LANES; 4-5PM)</p> <p>4:30-5:30pm SWIM CLUB (using 3 lanes)</p> <p>5:00-9pm (open & 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 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>1-2pm ADULT SWIM</p> <p>2-3:30pm (2 open)</p> <p>3-4:30pm WRHS (using 4 lanes)</p> <p>3:30-5pm SWIM LESSONS (NO LANES; 3:30-5PM)</p> <p>4:30-7pm SWIM CLUB (USING 3 LANES)</p> <p>5-7pm (open & 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>5:30-8am ADULT LAP SWIM (4 lap 2 open)</p> <p>8:45-9:15am (open & lap)</p> <p>9:15-10am WATER IN MOTION (2 lap)</p> <p>10am-1pm (open & lap)</p> <p>1-2pm ADULT SWIM</p> <p>2-4:30pm open</p> <p>3-4:30pm WRHS (using 4 lanes)</p> <p>4:30-6:30pm (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 						<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Pool closed for swim meets 3-5:30: December 7, 14 January 4, 11, 18, 25</p> </div>
<p>No School Days Swim Program (using 3 lanes) 11am-12pm and 2-3pm</p>						