

Worcester JCC Indoor Pool Schedule Effective.....Monday, March 4 ... (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)

9-11am
SWIM LESSONS
(2 adult lanes open)
***no open swim**

11-6:30pm
(open & lap)

SUNDAY

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

8-9am
(open & lap)

9-11am
SWIM LESSONS
(2 adult lanes open)
***no open swim**

11-6:30pm
(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)

10-1pm
(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)

4:30-5:30pm
(2 open & 1 lap)

4:30-5:30pm
SWIM CLUB
(using 3 lanes)

5:30-6:30pm
(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)

9-9:30am
(open & lap)

9:30-11am
Preschool Swim
(2 lap)

11-1pm
(open & lap)

1-2pm
ADULT SWIM

2-3:30pm
(Open & lap)

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

3:30-5pm
SWIM LESSONS
(NO LANES; 4:30-5PM)

4:30-7pm
SWIM CLUB
(using 3 lanes)

5-7pm
(2 open & 1 lap)

7-9pm
(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)

10:30-11:30am
SWIM LESSONS (3)
(2 lap)

10am-1pm
(open & lap)

1-1:30pm
PRESCHOOL SWIM
LESSONS (using 3 lap)

1:30-2:30pm
ADULT SWIM

2:30-4pm
(open & lap)

4-5pm
SWIM LESSONS
(NO LANES; 4:30-5PM)

4:30-5:30pm
SWIM CLUB
(using 3 lanes)

5:30-6:30pm
(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)

9-9:30am
(open & lap)

9:30-11am
Preschool Swim
(2 lap)

11-1pm
(open & lap)

1-2pm
ADULT SWIM

2-3:30pm
(2 open)

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

3:30-5pm
SWIM LESSONS
(NO LANES; 4:30-5PM)

4:30-7pm
SWIM CLUB
(USING 3 LANES)

5-7pm
(2 open & 1 lap)

7-9pm
(open & 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)

10am-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: On Cancelled School Days Swim Program uses 3 lanes:

M - F 11am—12pm

M/T/Th/Fr 2—3pm

W 2:30 - 3:30

APRIL 15-21:
No Swim Lessons or Swim Club
(Open and Lap available)

MON/WED AQUA CHALLENGE:
Starts March 4, 6:30—7:30pm