

**Worcester JCC Indoor Pool Schedule Effective.....Thursday, October 25 ...** (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) <b>*no open swim</b></p> <p><u>11-6:30pm</u> OPEN &amp; LAP</p>	<p><u>7-8am</u> ADULT LAP SWIM (4 lap 2 open)</p> <p><u>8-9am</u> OPEN &amp; LAP</p> <p><u>9-11am</u> SWIM LESSONS (2 adult lanes open) <b>*no open swim</b></p> <p><u>11-6:30pm</u> OPEN &amp; LAP</p>	<p><u>5:30-9:15am</u> ADULT LAP SWIM (4 lap 2 open)</p> <p><u>8am-8:45am</u> HYDROCIRCUIT (3 lap)</p> <p><u>9:15-10am</u> WATERWORKS (2 lap)</p> <p><u>10-1pm</u> OPEN &amp; LAP</p> <p><u>1-2pm</u> ADULT SWIM</p> <p><u>2pm-3:30pm</u> OPEN &amp; 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 &amp; 1 LAP</p> <p><u>4:30-5:30pm</u> SWIM CLUB (using 3 lanes)</p> <p><u>5:30-9pm</u> OPEN &amp; 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 &amp; LAP</p> <p><u>9:30-11am</u> Preschool Swim (2 lap)</p> <p><u>11-1pm</u> OPEN &amp; LAP</p> <p><u>1-2pm</u> ADULT SWIM</p> <p><u>2-3:30pm</u> OPEN &amp; LAP</p> <p><u>3:30-4:30pm</u> 3 LAP</p> <p><u>3:30-5pm</u> SWIM LESSONS <b>(NO LANES; 4:30-5PM)</b></p> <p><u>4:30-7pm</u> SWIM CLUB (using 3 lanes)</p> <p><u>5-7pm</u> OPEN &amp; 1 LAP</p> <p><u>7:00pm- 8pm</u> AQUA CHALLENGE (2 lap)</p> <p><u>8-9pm</u> OPEN &amp; LAP</p>	<p><u>5:30-6am</u> ADULT LAP SWIM (4 lap/ 2 open)</p> <p><u>6am-6:45am</u> HYDRORIDER (3 lap)</p> <p><u>6:45-8:15am</u> (open &amp; lap)</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-1:30pm</u> OPEN &amp; LAP</p> <p><u>10:30-11:30am</u> SWIM LESSONS (3) (2 LAP)</p> <p><u>1-1:30pm</u> PRESCHOOL SWIM LESSONS USING 2 LANES</p> <p><u>1:30-2:30pm</u> ADULT SWIM</p> <p><u>2-3:30pm</u> OPEN &amp; LAP</p> <p><u>3:30-4:30pm</u> 3 LAP</p> <p><u>3:30-5pm</u> SWIM LESSONS <b>(NO LANES; 4:30-5PM)</b></p> <p><u>4:30-5:30pm</u> SWIM CLUB (using 3 lanes)</p> <p><u>5:00-9pm</u> OPEN &amp; 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 &amp; LAP</p> <p><u>9:30-11am</u> Preschool Swim (2 lap)</p> <p><u>11-1pm</u> OPEN &amp; LAP</p> <p><u>1-2pm</u> ADULT SWIM</p> <p><u>2-3:30pm</u> OPEN &amp; LAP</p> <p><u>3:30-4:30pm</u> 3 LAP</p> <p><u>3:30-5pm</u> SWIM LESSONS <b>(NO LANES; 4:30-5PM)</b></p> <p><u>4:30-7pm</u> SWIM CLUB <b>(USING 3 LANES)</b></p> <p><u>5-7pm</u> OPEN &amp; 1 LAP</p> <p><u>7:00-8pm</u> AQUACHALLENGE (2 lap)</p> <p><u>8-9pm</u> OPEN &amp; LAP</p>	<p><u>5:30-8am</u> ADULT LAP SWIM (4 lap 2 open)</p> <p><u>8:45-9:15am</u> (open &amp; lap)</p> <p><u>9:15-10am</u> WATER IN MOTION (2 lap)</p> <p><u>10am-1pm</u> OPEN &amp; LAP</p> <p><u>1-2pm</u> ADULT SWIM</p> <p><u>2-6:30pm</u> OPEN &amp; LAP</p> <p><u>3:30-4:30pm</u> ASSP (using 3 lanes)</p>
<ul style="list-style-type: none"> <li>PLEASE SHOWER BEFORE ENTERING POOL</li> <li>NO CHILDREN in the pool during Adult 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><b>No School Days Swim Program (using 3 lanes) 11am-12pm and 2-3pm</b></p> <p>October 5 &amp; 8 November 12</p>						