

# Worcester JCC Indoor Pool Schedule Effective.....Tuesday, September 4 ... (Schedule subject to change)

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>7-8am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>8am-8:45am</b> HYDRORIDER</p> <p><b>8am-9:00am</b> (4 lap)</p> <p><b>9-11am</b> SWIM LESSONS (2 adult lanes open) <b>*no open swim</b></p> <p><b>11-6:30pm</b> OPEN &amp; LAP</p>	<p><b>7-8am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>8-9am</b> OPEN &amp; LAP</p> <p><b>9-11am</b> SWIM LESSONS (2 adult lanes open) <b>*no open swim</b></p> <p><b>11-6:30pm</b> OPEN &amp; LAP</p>	<p><b>5:30-9:15am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>8am-8:45am</b> HYDROCIRCUIT (3 lap)</p> <p><b>9:15-10am</b> WATERWORKS (2 lap)</p> <p><b>10-1pm</b> OPEN &amp; LAP</p> <p><b>1-2pm</b> ADULT SWIM</p> <p><b>2pm-3:30pm</b> OPEN &amp; LAP</p> <p><b>3:30-4:30pm</b> ASSP (using 3 lanes)</p> <p><b>3:30-4:30pm</b> 3 LAP</p> <p><b>4:30-5:30pm</b> OPEN &amp; 1 LAP</p> <p><b>4:30-5:30pm</b> SWIM CLUB (using 3 lanes)</p> <p><b>5:30-9pm</b> OPEN &amp; LAP</p>	<p><b>5:30-8am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>8:15-9am</b> HIIT THE WATER (2 lap)</p> <p><b>9-9:30am</b> OPEN &amp; LAP</p> <p><b>9:30-11am</b> Preschool Swim (2 lap)</p> <p><b>11-1pm</b> OPEN &amp; LAP</p> <p><b>1-2pm</b> ADULT SWIM</p> <p><b>2-3:30pm</b> OPEN &amp; LAP</p> <p><b>3:30-4:30pm</b> 3 LAP</p> <p><b>3:30-5pm</b> SWIM LESSONS <b>(NO LANES; 4:30-5PM)</b></p> <p><b>4:30-7pm</b> SWIM CLUB (using 3 lanes)</p> <p><b>5-7pm</b> OPEN &amp; 1 LAP</p> <p><b>7:00pm- 8pm</b> AQUA CHALLENGE (2 lap)</p> <p><b>8-9pm</b> OPEN &amp; LAP</p>	<p><b>5:30-6am</b> ADULT LAP SWIM (4 lap/ 2 open)</p> <p><b>6am-6:45am</b> HYDRORIDER (3 lap)</p> <p><b>6:45-8:15am</b> (open &amp; lap)</p> <p><b>8:15-9am</b> WATER-IN-MOTION (2 lap)</p> <p><b>9:15-10am</b> WATERWORKS (2 lap)</p> <p><b>10am-1pm</b> OPEN &amp; LAP</p> <p><b>10:30-11:30am</b> SWIM LESSONS (3) (2 LAP)</p> <p><b>1-2pm</b> ADULT SWIM</p> <p><b>2-3:30pm</b> OPEN &amp; LAP</p> <p><b>3:30-4:30pm</b> 3 LAP</p> <p><b>3:30-5pm</b> SWIM LESSONS <b>(NO LANES; 4:30-5PM)</b></p> <p><b>3:30-4:30pm</b> 3 LAP</p> <p><b>3:30-5pm</b> SWIM LESSONS <b>(USING 3 LANES)</b></p> <p><b>5-7pm</b> OPEN &amp; 1 LAP</p> <p><b>4:30-5:30pm</b> SWIM CLUB (using 3 lanes)</p> <p><b>5:30-9pm</b> OPEN &amp; LAP</p>	<p><b>5:30-8am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>8:15-9am</b> DEEP WATER (2 lap)</p> <p><b>9-9:30am</b> OPEN &amp; LAP</p> <p><b>9:30-11am</b> Preschool Swim (2 lap)</p> <p><b>11-1pm</b> OPEN &amp; LAP</p> <p><b>1-2pm</b> ADULT SWIM</p> <p><b>2-3:30pm</b> OPEN &amp; LAP</p> <p><b>3:30-4:30pm</b> 3 LAP</p> <p><b>3:30-5pm</b> SWIM LESSONS <b>(NO LANES; 4:30-5PM)</b></p> <p><b>4:30-7pm</b> SWIM CLUB <b>(USING 3 LANES)</b></p> <p><b>5-7pm</b> OPEN &amp; 1 LAP</p> <p><b>7:00-8pm</b> AQUACHALLENGE (2 lap)</p> <p><b>8-9pm</b> OPEN &amp; LAP</p>	<p><b>5:30-8am</b> ADULT LAP SWIM (4 lap 2 open)</p> <p><b>8:45-9:15am</b> (open &amp; lap)</p> <p><b>9:15-10am</b> WATER IN MOTION (2 lap)</p> <p><b>10am-1pm</b> OPEN &amp; LAP</p> <p><b>1-2pm</b> ADULT SWIM</p> <p><b>2-6:30pm</b> OPEN &amp; LAP</p> <p><b>3:30-4:30pm</b> 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>						