



J Pool Schedule

Updated 4/9/19

Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Shade pool	
7:00-8:00am										
8:00-9:00am										
9:00-10:00am								Aqua Zumba (9-10am)		
10:00-11:00am		Glide FIT (10:15-11:15am)								
11:00-12:00pm		Glide FIT (11:15-12:15)								
12:00-1:00pm										
1:00-2:00pm										
2:00-3:00pm										
3:00-4:00pm										
4:00-5:00pm										
5:00-6:00pm										
6:00-7:00pm										
7:00-8:00pm										
Monday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Shade pool	
5:00-6:00am	Masters (5:30-7am)									
6:00-7:00am	Masters (5:30-7am)									
7:00-8:00am	Masters (5:30-7am)									
8:00-9:00am	CrossH2O (8:30-9:30am)									
9:00-10:00am	CrossH2O (8:30-9:30am)									
10:00-11:00am		Glide FIT (10-11am)						Swim School (10:30-11am)		
11:00-12:00pm										
12:00-1:00pm										
1:00-2:00pm										
2:00-3:00pm										
3:00-4:00pm										
4:00-5:00pm	Swim Team (4-8pm)						(4-4:45pm)			
5:00-6:00pm	Swim Team (4-8pm)						(4-4:45pm)			
6:00-8:00pm	Swim Team (4-8pm)						(4-4:45pm)			
8:00-10:00pm	Swim Team (4-8pm)						(4-4:45pm)			
Tuesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Shade pool	
5:00-6:00am										
6:00-7:00am										
7:00-8:00am										
8:00-9:00am										
9:00-10:00am										
10:00-11:00am								Swim School (10:30-11:30am)		
11:00-12:00pm										
12:00-1:00pm										
1:00-2:00pm										
2:00-3:00pm										
3:00-4:00pm										
4:00-5:00pm	Swim Team (4-8pm)									
5:00-6:00pm	Swim Team (4-8pm)								Swim School	
6:00-8:00pm	Swim Team (4-8pm)									
8:00-10:00pm	Swim Team (4-8pm)									
Wednesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Shade pool	
5:00-6:00am	Masters (5:30-7am)									
6:00-7:00am	Masters (5:30-7am)									
7:00-8:00am	Masters (5:30-7am)									
8:00-9:00am	Masters (5:30-7am)						Aqua Fit (8-9am)			
9:00-10:00am	Masters (5:30-7am)									
10:00-11:00am	Masters (5:30-7am)								Swim School (10:30-11am)	
11:00-12:00pm	Masters (5:30-7am)									
12:00-1:00pm	Masters (5:30-7am)									
1:00-2:00pm	Masters (5:30-7am)									
2:00-3:00pm	Masters (5:30-7am)									
3:00-4:00pm	Masters (5:30-7am)									
4:00-5:00pm	Swim Team (4-8pm)						(4-4:45pm)			
5:00-6:00pm	Swim Team (4-8pm)						(4-4:45pm)			
6:00-8:00pm	Swim Team (4-8pm)						(4-4:45pm)			
8:00-10:00pm	Swim Team (4-8pm)						(4-4:45pm)			
Thursday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Shade pool	
5:00-6:00am										
6:00-7:00am										
7:00-8:00am										
8:00-9:00am										
9:00-10:00am										
10:00-11:00am								Swim School (10:30-11:30am)		
11:00-12:00pm										
12:00-1:00pm										
1:00-2:00pm										
2:00-3:00pm										
3:00-4:00pm										
4:00-5:00pm	Swim Team (4-8pm)									
5:00-6:00pm	Swim Team (4-8pm)								Swim School	
6:00-8:00pm	Swim Team (4-8pm)									
8:00-10:00pm	Swim Team (4-8pm)									
Friday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Shade pool	
5:00-6:00am	Masters (5:30-7am)									
6:00-7:00am	Masters (5:30-7am)									
7:00-8:00am	Masters (5:30-7am)									
8:00-9:00am	CrossH2O (8:30-9:30am)						Aqua Fit (8-9am)			
9:00-10:00am	CrossH2O (8:30-9:30am)									
10:00-11:00am	CrossH2O (8:30-9:30am)									
11:00-12:00pm	CrossH2O (8:30-9:30am)									
12:00-1:00pm	CrossH2O (8:30-9:30am)									
1:00-2:00pm	CrossH2O (8:30-9:30am)									
2:00-3:00pm	CrossH2O (8:30-9:30am)									
3:00-4:00pm	CrossH2O (8:30-9:30am)									
4:00-5:00pm	Swim Team (4-5:30pm)						(4-4:45pm)			
5:00-6:00pm	Swim Team (4-5:30pm)						(4-4:45pm)			
Saturday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Shade pool	
7:00-8:00am	Masters (7-8:30am)									
8:00-9:00am	Masters (7-8:30am)						Aqua Fit 7:30-8:30am			
9:00-10:00am	Masters (7-8:30am)									
10:00-11:00am	Swim Team (8:30-11:30am)								Swim School (10:30-11am)	
11:00-12:00pm	Swim Team (8:30-11:30am)									
12:00-1:00pm										
1:00-2:00pm										
2:00-3:00pm										
3:00-4:00pm										
4:00-5:00pm										
5:00-6:00pm										

Lap Swimmers are expected to share lanes and circle swim when asked or needed
This schedule is subject to change

PLEASE NOTE: NO POOL LANES AVAILABLE MWF 4-4:45pm & SAT 7:30-8:30am