



J Pool Schedule

Updated 4/30/19

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										
8:00-9:00am	CrossH2O (8:30-9:30am)									
9:00-10:00am										
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)									
6:00-8:00pm	Swim Team (4-8pm)									
8:00-10:00pm										
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										
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										
8:00-9:00am							Aqua Fit (8-9am)			
9:00-10:00am										
10:00-11:00am								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)									
6:00-8:00pm	Swim Team (4-8pm)									
8:00-10:00pm										
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										
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										
8:00-9:00am	CrossH2O (8:30-9:30am)						Aqua Fit (8-9am)			
9:00-10:00am										
10:00-11:00am										
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 (4-5:30pm)						(4-4:45pm)			
5:00-6:00pm	Swim Team (4-5:30pm)									
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	Swim Team (8:30-11:30am)									
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	Glide FIT Certification Class						Lifeguard Class			
1:00-2:00pm	Glide FIT Certification Class						Lifeguard Class			
2:00-3:00pm	Glide FIT Certification Class						Lifeguard Class			
3:00-4:00pm	Glide FIT Certification Class						Lifeguard Class			
4:00-5:00pm										
5:00-6:00pm										
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	Glide FIT Certification Class									
9:00-10:00am	Glide FIT Certification Class						Aqua Zumba (9-10am)			
10:00-11:00am	Glide FIT Certification Class						Birthday Party			
11:00-12:00pm	Glide FIT Certification Class						Birthday Party			
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										

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 7:30-11:30am