

# Indoor Pool Schedule

Please note that hours are subject to change due to weather conditions. Please call 609.822.1167 for daily updates. Any questions? Please contact Aquatics Director, Alicia at 609.822.1167 ext. 133 or email [afimple@jccatlantic.org](mailto:afimple@jccatlantic.org).

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00am	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-10:00am 6 Lap Lanes	7:00-9:30am 6 Lap Lanes	7:00-10:00am 6 Lap Lanes
7:00-8:00 am	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-9:00 am 6 Lap Lanes	5:30-10:00 am 6 Lap Lanes	7:00-9:30 am 6 Lap Lanes	7:00-10:00 am 6 Lap Lanes
9:00 am	9:00-10:00 am <b>Shallow H2O</b> Franklin NO LAP LANES	9:00-10:00 am <b>H2Oproof</b> Donna NO LAP LANES	9:00-10:00 am <b>Shallow H2O</b> Maureen NO LAP LANES	9:00-10:00 am <b>Tsunami</b> Franklin NO LAP LANES	5:30-11:00 am 6 Lap Lanes	9:30-12:00 pm 4 Lap Lanes 2 Swim Lessons	7:00-10:00 am 6 Lap Lanes
10:00 am	10:00-10:30 am <b>Deep H2O</b> Franklin NO LAP LANES	10:00-10:30 am <b>Deep H2O</b> Donna NO LAP LANES	10:30-3:00 pm 4 Lap Lanes 2 Open Lanes	10:00-10:30 am <b>Deep Water</b> Franklin NO LAP LANES	5:30-11:00 am 6 Lap Lanes	10:00-12:00 pm 4 Lap Lanes 2 Swim Lessons	10:00-2:00 pm 4 Lap Lanes 2 Swim Lessons
11:00 am	10:30-3:00 pm 4 Lap Lanes 2 Open Lanes	10:30-11:30 am 4 Lap Lanes 2 Open Lanes	11:30-12:30 pm 6 Lap Lanes	10:30-11:00 am 3 Lap Lanes 3 Open Lanes	11:00-12:00 pm <b>Aqua Zumba</b> Vanessa 3 Lap Lanes	11:00-12:00 pm 4 Lap Lanes 2 Swim Lessons	10:00-2:00 pm 4 Lap Lanes 2 Swim Lessons
12:00 - 2:00 pm	12:30-3:00 pm 4 Lap Lanes 2 Open Lanes	12:30-3:00 pm 4 Lap Lanes 2 Open Lanes	12:30-3:00 pm 4 Lap Lanes 2 Open Lanes	12:00-3:00 pm 4 Lap Lanes 2 Open Lanes	12:00-1:00 pm <b>Water Wellness</b> Bonnie 3 Lap Lanes	12:00-4:45 pm 4 Lap Lanes 2 Open Lanes	10:00-2:00 pm 4 Lap Lanes 2 Swim Lessons
3:00 - 4:00 pm	3:00-5:00 pm 3 Lap Lanes 2 Swim Lessons	3:00-5:00 pm 3 Lap Lanes 2 Swim Lessons	3:00-5:00 pm 3 Lap Lanes 2 Swim Lessons	3:00-5:00 pm 3 Lap Lanes 2 Swim Lessons	1:00-4:00pm 4 Lap Lanes 2 Open Lanes	12:00-4:00 pm 4 Lap Lanes 2 Open Lanes	2:00-4:45 pm 4 Lap Lanes 2 Open Lanes
5:00 - 6:00 pm	5:00-5:30 pm 3 Lap Lanes 3 Swim Team	5:00-5:30 pm 3 Lap Lanes 3 Swim Team	5:00-5:30 pm 3 Lap Lanes 3 Swim Team	5:00-5:30 pm 2 Lap Lanes 2 Swim Lessons 2 Swim Team	4:00-5:30 pm 3 Lap Lanes 3 Swim Team	5:30-5:45 pm 6 Lap Lanes	
7:00 - 9:00 pm	5:30-7:30 pm 6 Swim Team	5:30-7:30 pm 6 Swim Team	5:30-7:30 pm 6 Swim Team	5:30-7:30 pm Swim Team NO LAP LANES			
	7:30-9:00 pm 6 Lap Lanes	7:30-9:00 pm 6 Lap Lanes	7:30-9:00 pm 6 Lap Lanes	7:30-9:00 pm 6 Lap Lanes			

Effective September 9, 2019



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