

MAIN POOL SCHEDULE

2020 | EFFECTIVE MARCH 1

PLEASE NOTE:

Private Lessons may be held during any age-appropriate times.
 Shaded areas indicate times when the pool is used for programming or special groups.
 When classes are not in session time slots become open family time 10 AM M/W/F | 11:30 AM Tu/Th
 For questions and schedule updates, visit jccmanhattan.org

**marlene
meyerson jcc**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 AM Pool Opens	5:30-10 AM Adult Lap Swim	5:30-10:25 AM Adult Lap Swim	5:30-10 AM Adult Lap Swim	5:30-9:25 AM Adult Lap Swim	5:30-10 AM Adult Lap Swim	7 AM Pool Opens
7-10:30 AM Adult Lap Swim	[7:15-8:15 AM] DROP-IN AEROBICS (1 LANE)	[8-9 AM] DROP-IN AEROBICS (1 LANE)	[7-8 AM] DROP-IN AEROBICS (1 LANE)	[8-9 AM] DROP-IN AEROBICS (1 LANE)	[7:15-8:15 AM] DROP-IN AEROBICS (1 LANE)	7-10 AM Adult Lap Swim
		[9:30-10:30 AM] DROP-IN AEROBICS (1 LANE)	8-9:30 AM Adult Class (1 LANE)			
				9:30-11:30 AM Women Only (Adult)		
10:30-11:55 AM Adult/Child Family + Lap Swim	10 AM-3:25 PM Adult/Child Family + Lap Swim	10:30-11:30 AM Women Only (Adult) DROP-IN AEROBICS (2 LANES)	10 AM-3 PM Adult/Child Family + Lap Swim	[9:30-10:30 AM] DROP-IN AEROBICS (2 LANES)	10 AM-6:30 PM Adult/Child Family + Lap Swim	10 AM-NOON CLOSED Saturday Partners
		LAP SWIM (REMAINING LANES)		[10:30-11:30 AM] DROP-IN AEROBICS (2 LANES)		
				LAP SWIM (REMAINING LANES)		10 AM-NOON Family Swim (1 LANE)
NOON-2:30 PM Children's LTS Classes		11:30 AM-3:25 PM Adult/Child Family + Lap Swim				NOON-12:30 PM MAINTENANCE
1:30-2:30 PM Family Swim (1 LANE)			3-3:30 PM MAINTENANCE	11:30 AM-3:25 PM Adult/Child Family + Lap Swim		12:30-5:30 PM Adult/Child Family + Lap Swim
1:30-2:30 PM LTS Classes	3:30-6:30 PM Children's LTS + Swim Team Practice	3:30-6:30 PM Children's LTS + Swim Team Practice	3:30-6:30 PM Children's LTS + Swim Team Practice			
2:30-6 PM Adult/Child Family + Lap Swim				3:30-6 PM Children's LTS + Swim Team Practice		
6-6:25 PM TRANSITION						
6:30-7:30 PM Men Only (Adult)	6:30-10:30 PM Adult Lap Swim	6:30-10:30 PM Adult Lap Swim	6:30-10:30 PM Adult Lap Swim	6:00-10:30 PM Adult Lap Swim		5:30-9:30 PM Adult Lap Swim
7:30-9:30 PM Adult Lap Swim	[7-9 PM] ADULT CLASS (1 LANE)	6:30-7 PM ELITE SWIM TEAM (1 LANE)	6:30-7 PM ELITE SWIM TEAM (1 LANE)	6-7:30 PM ELITE SWIM TEAM (1 LANE)	6:30-9:30 PM Adult Lap Swim	
	6:30-7 PM ELITE SWIM TEAM	7-9 PM ADULT CLASS (2 LANES)	7-9 PM ADULT CLASS (1 LANE)			

POOL + DECK CLOSE
MON-THU 10:30 PM
FRI-SUN 9:30 PM

For the most up-to-date schedule, please visit jccmanhattan.org/hours and click on **Training Pool Schedule - LIVE**

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