# MAIN POOL SCHEDULE

**2020 | EFFECTIVE MARCH 1**

## SUNDAY
- **7 AM**
  - Pool Opens
  - Adult Lap Swim
- **10:30-11:55 AM**
  - Adult/Child Family + Lap Swim
- **NOON-2:30 PM**
  - Children’s LTS Classes
- **1:30-2:30 PM**
  - Family Swim (1 LANE)
- **1:30-2:30 PM**
  - LTS Classes
  - Adult/Child Family + Lap Swim
- **6-6:25 PM**
  - TRANSITION
  - Men Only (Adult)
  - Adult Lap Swim
- **6:30-10:30 PM**
  - Adult Lap Swim
  - ADULT CLASS (1 LANE)
  - ELITE SWIM TEAM
- **6:30-7 PM**
  - ELITE SWIM TEAM

## MONDAY
- **5:30-10 AM**
  - Adult Lap Swim
  - DROP-IN AEROBICS (1 LANE)
- **10 AM-11:30 AM**
  - Adult/Child Family + Lap Swim
- **3:30-6:30 PM**
  - Children’s LTS + Swim Team Practice
- **7 AM**
  - Pool Opens

## TUESDAY
- **5:30-10 AM**
  - Adult Lap Swim
  - DROP-IN AEROBICS (1 LANE)
- **10 AM-11:30 AM**
  - Women Only (Adult)
  - DROP-IN AEROBICS (2 LANES)
  - LAP SWIM (REMAINING LANES)
- **11:30 AM-3:25 PM**
  - Adult/Child Family + Lap Swim
- **3:30-6:30 PM**
  - Children’s LTS + Swim Team Practice

## WEDNESDAY
- **5:30-10 AM**
  - Adult Lap Swim
  - DROP-IN AEROBICS (1 LANE)
- **8-9 AM**
  - Adult Class (1 LANE)
- **10 AM-11:55 AM**
  - Adult/Child Family + Lap Swim
- **3:30-6:30 PM**
  - Children’s LTS + Swim Team Practice

## THURSDAY
- **5:30-9:45 AM**
  - Adult Lap Swim
  - DROP-IN AEROBICS (1 LANE)
- **8-9 AM**
  - Adult Class (1 LANE)
- **9:30-12:30 PM**
  - Women Only (Adult)
- **10 AM-11:55 AM**
  - Adult/Child Family + Lap Swim
- **3:30-6:30 PM**
  - Children’s LTS + Swim Team Practice

## FRIDAY
- **5:30-10 AM**
  - Adult Lap Swim
  - DROP-IN AEROBICS (1 LANE)
- **9:30-12:30 PM**
  - Women Only (Adult)
  - DROP-IN AEROBICS (2 LANES)
  - LAP SWIM (REMAINING LANES)
- **3:30-6:30 PM**
  - Children’s LTS + Swim Team Practice

## SATURDAY
- **10 AM-NOON**
  - CLOSED
  - Saturday Partners
- **10 AM-6:30 PM**
  - Adult/Child Family + Lap Swim
- **6:30-10:30 PM**
  - Adult Lap Swim

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**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

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**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