

indoor pool schedule (Nov 1 - Dec 31)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:50AM Adult Swim Workout No lap swimming	5:30-9:50AM Lap Swimming 5 spots open	5:30AM-2:50PM Lap Swimming 5 spots open	5:30-9:50AM Lap Swimming 5 spots open	5:30AM-2:50PM Lap Swimming 5 spots open	5:30AM-9:20AM Lap Swimming 5 spots open	8:00AM-5:50PM 5 spots open
10:00AM -5:50PM Lap Swimming 5 spots open	10:00-10:50AM H2 Moves No Lap Swimming	3:00PM-3:50PM Lap Swimming 4 spots open	10:00-10:50AM H2 Moves No Lap Swimming	3:00PM-3:50PM Lap Swimming 4 spots open	10:00-10:50AM H2 Moves No Lap Swimming	
	11:00AM-3:50PM Lap Swimming 5 spots open 11-2:50 4 spots open 3-3:50	4:00-6:15PM Swim Team No Lap Swimming	11:00AM-3:50PM Lap Swimming 5 spots open 11-2:50 4 spots open 3-3:50	4:00-6:15PM Swim Team No Lap Swimming	11:30AM-5:20PM Lap Swimming 5 spots open 11-2:50 4 spots open 3-3:50	
	4:00-6:15PM Swim Team No Lap Swimming	6:30-8:20PM Lap Swimming 5 spots open	4:00-6:15PM Swim Team No Lap Swimming	6:30-8:20PM Lap Swimming 5 spots open		
	6:30-8:20PM Lap Swimming 5 spots open		6:30-8:20PM Lap Swimming 5 spots open			

LAP SWIMMING AVAILABILITY

Unless Noted, ALL lanes are open

8:00AM - 5:50PM	5:30AM-9:50AM 11AM-2:50PM 3-3:50PM (4 SPOTS) 6:30-8:20 PM	5:30AM-2:50PM 3-3:50PM (4 SPOTS) 6:30-8:20 PM	5:30AM-9:50AM 11AM-2:50PM 3-3:50PM (4 SPOTS) 6:30-8:20 PM	5:30AM-2:50PM 3-3:50PM (4 SPOTS) 6:30-8:20 PM	5:30AM-9:20AM 11:30AM-5:20PM	8:00AM-5:50PM
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ALL TIMES ARE SUBJECT TO CHANGE,
Please check the MindBody app for any changes

Questions? email fitness@slcjc.org
Schedule also available online at
slcjc.org



