

indoor pool schedule

(Sep 6-April 30)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:50AM Adult Swim Workout* No Lap Swimming *Outdoors during Sept	5:30-9:50AM Lap Swimming 10 spots open	5:30AM-3:50PM Lap Swimming 10 spots open 6 spots at 3pm	5:30-9:50AM Lap Swimming 10 spots open	5:30AM-3:50PM Lap Swimming 10 spots open 6 spots at 3pm	5:30-9:50AM Lap Swimming 10 spots open	8:00AM-5:50PM 10 spots open
10:00-5:50PM Lap Swimming 10 spots open	10:00-10:50AM H2 Moves No Lap Swimming		10:00-10:50AM H2 Moves No Lap Swimming		10:00-10:50AM H2 Moves No Lap Swimming	
	11:00AM-3:50PM Lap Swimming 10 spots open 11am -2:50pm		11:00AM-3:50PM Lap Swimming 10 spots open 11am -2:50pm		11:00AM-5:50PM Lap Swimming 10 spots open	
	3:00PM-3:45PM Group Lessons 6 spots for Lap Swim	3:00PM-3:45PM Group Lessons 6 spots for Lap Swim	3:00PM-3:45PM Group Lessons 6 spots for Lap Swim	3:00PM-3:45PM Group Lessons 6 spots for Lap Swim		
	4:00PM-6:45PM Swim Team No Lap Swimming	4:00PM-6:45PM Swim Team No Lap Swimming	4:00PM-6:45PM Swim Team No Lap Swimming	4:00PM-6:45PM Swim Team No Lap Swimming		
	7:00PM-8:45PM Lap Swimming 10 spots open	7:00PM-8:45PM Lap Swimming 10 spots open	7:00PM-8:45PM Lap Swimming 10 spots open	7:00PM-8:45PM Lap Swimming 10 spots open		

LAP SWIMMING AVAILABILITY

Unless Noted, ALL lanes are open

10:00AM - 5:50PM	5:30AM-9:50AM 11:00AM-3:50PM 7:00PM-8:45PM	5:30AM-3:50PM 7:00PM-8:45PM	5:30AM-9:50AM 11:00AM-3:50PM 7:00PM-8:45PM	5:30AM-3:50PM 7:00PM-8:45PM	5:30AM-9:50AM 11:00AM-5:50PM	8:00AM-5:50PM
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*Check MindBody to sign up for this free class!

ALL TIMES ARE SUBJECT TO CHANGE,
 Please check the MindBody app for any changes

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



outdoor pool schedule (Sep 6-Oct 1)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00–9:50AM Adult Swim Workout* 4 spots for lap swim	5:30AM–8:30PM Lap Swimming 12 spots open	5:30AM–8:30PM Lap Swimming 12 spots open	5:30AM–8:30PM Lap Swimming 12 spots open	5:30AM–8:30PM Lap Swimming 12 spots open	5:30AM–9:50AM Lap Swimming 12 spots open	8–10:50AM Lap Swimming 12 spots open
10:00–11:00AM Lap Swimming 12 spots open					10:00–10:50AM H2 Moves* No Lap Swimming	11 AM–5:50PM Lap Swimming 4 spots open
11:00AM–5:50PM Lap Swimming 4 spots open					11:00AM–5:50PM Lap Swimming 12 spots open	11:30AM–5:30PM Open Plunge 4 spots for lap swim
11:30AM–5:30PM Open Plunge 4 spots for lap swim						

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