

indoor pool schedule

(Aug 21-Labor Day)
Sep. 5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM -6:50PM Lap Swimming 10 spots open	5:30-9:50AM Lap Swimming 10 spots open	5:30AM-8:20PM Lap Swimming 10 spots open	5:30-9:50AM Lap Swimming 10 spots open	5:30AM-8:20PM Lap Swimming 10 spots open	5:30AM-6:50PM Lap Swimming 10 spots open	8:00AM-6:50PM 10 spots open
	10:00-10:50AM H2 Moves* No Lap Swimming		10:00-10:50AM H2 Moves* No Lap Swimming			
	11:00AM-8:20PM Lap Swimming 10 spots open		11:00AM-8:20PM Lap Swimming 10 spots open			

LAP SWIMMING AVAILABILITY

Unless Noted, ALL lanes are open

8:00AM - 6:50PM	5:30AM-9:50AM 11AM-8:20PM	5:30AM-8:20PM	5:30AM-9:50AM 11AM-8:20PM	5:30AM-8:20PM	5:30AM-6:50PM	8:00AM-6:50PM
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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@slcjjc.org
Schedule also available online at slcjjc.org



outdoor pool schedule (Aug 21-Labor Day) Sep. 5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00–9:50AM Adult Swim Workout* <i>4 spots for lap swim</i>	5:30AM–3:00PM Lap Swimming <i>12 spots open</i>	5:30AM–3:00PM Lap Swimming <i>12 spots open</i>	5:30AM–3:00PM Lap Swimming <i>12 spots open</i>	5:30AM–3:00PM Lap Swimming <i>12 spots open</i>	5:30–10:00AM Lap Swimming <i>12 spots open</i>	8–10:50AM Lap Swimming <i>12 spots open</i>
10:00–11:00AM Lap Swimming <i>12 spots open</i>	3:00–8:50PM Lap Swimming <i>4 spots open</i>	3:00–8:50PM Lap Swimming <i>4 spots open</i>	3:00–8:50PM Lap Swimming <i>4 spots open</i>	3:00–8:50PM Lap Swimming <i>4 spots open</i>	10:00–10:50AM H2 Moves* <i>No Lap Swimming</i>	11 AM–6:50PM Lap Swimming <i>4 spots open</i>
11:00AM–6:50PM Lap Swimming <i>4 spots open</i>	3:00–8:30PM Open Plunge <i>4 spots for lap swim</i>	3:00–8:30PM Open Plunge <i>4 spots for lap swim</i>	3:00–8:30PM Open Plunge <i>4 spots for lap swim</i>	3:00–8:30PM Open Plunge <i>4 spots for lap swim</i>	3:00–6:30PM Open Plunge <i>4 spots for lap swim</i>	11:30AM–6:30PM Open Plunge <i>4 spots for lap swim</i>
11:30AM–6:30PM Open Plunge <i>4 spots for lap swim</i>						

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