

indoor pool schedule (Jan 1 - Memorial Day)

SUNDAY

8:00-9:50AM
Adult Swim
Workout
 No lap swimming

10:00AM -5:50PM
Lap Swimming
 10 spots open

MONDAY

5:30-9:50AM
Lap Swimming
 10 spots open

10:00-10:50AM
H2 Moves
 No Lap Swimming

11:00AM-3:50PM
Lap Swimming
 10 spots open 11-2:50
 8 spots open 3-3:50

4:00-6:15PM
Swim Team
 No Lap Swimming

6:30-8:20PM
Lap Swimming
 10 spots open

TUESDAY

5:30AM-2:50PM
Lap Swimming
 10 spots open

3:00PM-3:50PM
Lap Swimming
 8 spots open

4:00-6:15PM
Swim Team
 No Lap Swimming

6:30-8:20PM
Lap Swimming
 10 spots open

WEDNESDAY

5:30-9:50AM
Lap Swimming
 10 spots open

10:00-10:50AM
H2 Moves
 No Lap Swimming

11:00AM-3:50PM
Lap Swimming
 10 spots open 11-2:50
 8 spots open 3-3:50

4:00-6:15PM
Swim Team
 No Lap Swimming

6:30-8:20PM
Lap Swimming
 10 spots open

THURSDAY

5:30AM-2:50PM
Lap Swimming
 10 spots open

3:00PM-3:50PM
Lap Swimming
 8 spots open

4:00-6:15PM
Swim Team
 No Lap Swimming

6:30-8:20PM
Lap Swimming
 10 spots open

FRIDAY

5:30AM-9:50AM
Lap Swimming
 10 spots open

10:00-10:50AM
H2 Moves
 No Lap Swimming

11:00AM-5:50PM
Lap Swimming
 10 spots open

SATURDAY

8:00AM-5:50PM
 10 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 (8 SPOTS)
6:30-8:20 PM

5:30AM-2:50PM
3-3:50PM (8 SPOTS)
6:30-8:20 PM

5:30AM-9:50AM
11AM-2:50PM
3-3:50PM (8 SPOTS)
6:30-8:20 PM

5:30AM-2:50PM
3-3:50PM (8 SPOTS)
6:30-8:20 PM

5:30AM-9:20AM
11:00AM-5:50PM

8:00AM-5:50PM

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



