

# indoor pool schedule (Jun 11-Aug 20)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:00AM -6:50PM</b> <b>Lap Swimming</b> 10 spots open	<b>5:30-9:50AM</b> <b>Lap Swimming</b> 10 spots open  <b>10:00-10:50AM</b> <b>H2 Moves*</b> No Lap Swimming  <b>11:00AM-3:45PM</b> <b>Lap Swimming</b> 10 spots open 11-2:50 8 spots open 3-3:45  <b>3:45-7:15PM</b> <b>Swim Team</b> No Lap Swimming  <b>7:30-8:50PM</b> <b>Lap Swimming</b> 10 spots open	<b>5:30AM-3:45PM</b> <b>Lap Swimming</b> 10 spots open 11-2:50 8 spots open 3-3:45   <b>3:45-7:15PM</b> <b>Swim Team</b> No Lap Swimming  <b>7:30-8:50PM</b> <b>Lap Swimming</b> 10 spots open	<b>5:30-9:50AM</b> <b>Lap Swimming</b> 10 spots open  <b>10:00-10:50AM</b> <b>H2 Moves*</b> No Lap Swimming  <b>11:00AM-3:45PM</b> <b>Lap Swimming</b> 10 spots open 11-2:50 8 spots open 3-3:45  <b>3:45-7:15PM</b> <b>Swim Team</b> No Lap Swimming  <b>7:30-8:50PM</b> <b>Lap Swimming</b> 10 spots open	<b>5:30AM-3:50PM</b> <b>Lap Swimming</b> 10 spots open   <b>3:45-7:15PM</b> <b>Swim Team</b> No Lap Swimming  <b>7:30-8:50PM</b> <b>Lap Swimming</b> 10 spots open	<b>5:30AM-6:50PM</b> <b>Lap Swimming</b> 10 spots open	<b>8:00AM-6:50PM</b> 10 spots open

## LAP SWIMMING AVAILABILITY

Unless Noted, ALL lanes are open

<b>8:00AM - 6:50PM</b>	<b>5:30AM-9:50AM</b> <b>11AM-2:50PM</b> <b>3-3:45 PM</b> 8 spots <b>7:30-8:50 PM</b>	<b>5:30AM-2:50PM</b> <b>3-3:45 PM</b> 8 spots <b>7:30-8:50 PM</b>	<b>5:30AM-9:50AM</b> <b>11AM-2:50PM</b> <b>3-3:45 PM</b> 8 spots <b>7:30-8:50 PM</b>	<b>5:30AM-2:50PM</b> <b>3-3:45 PM</b> 8 spots <b>7:30-8:50 PM</b>	<b>5:30AM-6:50PM</b>	<b>8:00AM-6:50PM</b>
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**ALL TIMES ARE SUBJECT TO CHANGE,**  
 Please check the MindBody app for any changes

Questions? email [fitness@slcjjc.org](mailto:fitness@slcjjc.org)  
 Schedule also available online at  
[slcjjc.org](http://slcjjc.org)



# outdoor pool schedule (Jun 11-Aug 20)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8 AM–9:50AM</b> <b>Adult Swim</b> <b>Workout*</b> <i>4 spots for lap swim</i>	<b>5:30–8:50AM</b> <b>Lap Swimming</b> <i>12 spots open</i>	<b>5:30–8:50AM</b> <b>Lap Swimming</b> <i>12 spots open</i>	<b>5:30–8:50AM</b> <b>Lap Swimming</b> <i>12 spots open</i>	<b>5:30–8:50AM</b> <b>Lap Swimming</b> <i>12 spots open</i>	<b>5:30–6:50AM</b> <b>Lap Swimming</b> <i>12 spots open</i>	<b>8–10:50AM</b> <b>Lap Swimming</b> <i>12 spots open</i>
<b>10–11:15 AM</b> <b>Parent Tot</b>	<b>9AM–12PM</b> <b>Camp</b> <b>(Pool Closed)</b>	<b>9AM–12PM</b> <b>Camp</b> <b>(Pool Closed)</b>	<b>9AM–12PM</b> <b>Camp</b> <b>(Pool Closed)</b>	<b>9AM–12PM</b> <b>Camp</b> <b>(Pool Closed)</b>	<b>7–8:30AM</b> <b>Swim Team</b> <i>No Lap Swimming</i>	<b>11 AM–6:50PM</b> <b>Lap Swimming</b> <i>4 spots open</i>
<b>10–11 AM</b> <b>Lap Swimming</b> <i>12 spots open</i>					<b>9–9:50AM</b> <b>Lap Swimming</b> <i>4 spots open</i>	
<b>11 AM–6:50PM</b> <b>Lap Swimming</b> <i>4 spots open</i>					<b>10:00–10:50AM</b> <b>H2 Moves*</b> <i>No Lap Swimming</i>	
	<b>12–8:50PM</b> <b>Lap Swimming</b> <i>4 spots open</i>	<b>12–8:50PM</b> <b>Lap Swimming</b> <i>4 spots open</i>	<b>12–8:50PM</b> <b>Lap Swimming</b> <i>4 spots open</i>	<b>12–8:50PM</b> <b>Lap Swimming</b> <i>4 spots open</i>	<b>11:30AM–6:50PM</b> <b>Lap Swimming</b> <i>4 spots open</i>	
<b>11:30AM–6:30PM</b> <b>Open Plunge</b> <i>4 spots for lap swim</i>	<b>12–8:30PM</b> <b>Open Plunge</b> <i>4 spots for lap swim</i>	<b>12–8:30PM</b> <b>Open Plunge</b> <i>4 spots for lap swim</i>	<b>12–8:30PM</b> <b>Open Plunge</b> <i>4 spots for lap swim</i>	<b>12–8:30PM</b> <b>Open Plunge</b> <i>4 spots for lap swim</i>	<b>11:30AM–6:30PM</b> <b>Open Plunge</b> <i>4 spots for lap swim</i>	<b>11:30AM–6:30PM</b> <b>Open Plunge</b> <i>4 spots for lap swim</i>

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Schedule also available online at [slcjc.org](http://slcjc.org)

