

indoor pool schedule (Jun 6-Aug 21)

SUNDAY

8:00AM -6:50PM
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-3:45PM
Lap Swimming
10 spots open 11-2:50
8 spots open 3-3:45

3:45-7:15PM
Swim Team
No Lap Swimming

7:30-8:20PM
Lap Swimming
10 spots open

TUESDAY

5:30AM-3:45PM
Lap Swimming
10 spots open 11-2:50
8 spots open 3-3:45

3:45-7:15PM
Swim Team
No Lap Swimming

7:30-8:20PM
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-3:45PM
Lap Swimming
10 spots open 11-2:50
8 spots open 3-3:45

3:45-7:15PM
Swim Team
No Lap Swimming

7:30-8:20PM
Lap Swimming
10 spots open

THURSDAY

5:30AM-3:50PM
Lap Swimming
10 spots open

3:45-7:15PM
Swim Team
No Lap Swimming

7:30-8:20PM
Lap Swimming
10 spots open

FRIDAY

5:30AM-6:50PM
Lap Swimming
10 spots open

SATURDAY

8:00AM-6:50PM
10 spots open

LAP SWIMMING AVAILABILITY

Unless Noted, ALL lanes are open

8:00AM - 6:50PM

5:30AM-9:50AM
11AM-2:50PM
3-3:45 PM 8 spots
7:30-8:20 PM

5:30AM-2:50PM
3-3:45 PM 8 spots
7:30-8:20 PM

5:30AM-9:50AM
11AM-2:50PM
3-3:45 PM 8 spots
7:30-8:20 PM

5:30AM-2:50PM
3-3:45 PM 8 spots
7:30-8:20 PM

5:30AM-6:50PM

8:00AM-6:50PM

***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 (Jun 6-Aug 21)

SUNDAY

**8 AM–9:50AM
Adult Swim
Workout***
4 spots for lap swim

**10–11:15 AM
Parent Tot**

**10–11 AM
Lap Swimming**
12 spots open

**11 AM–6:50PM
Lap Swimming**
4 spots open

**11:30AM–6:30PM
Open Plunge**
4 spots for lap swim

MONDAY

**5:30–8:50AM
Lap Swimming**
12 spots open

**9AM–12PM
Camp
(Pool Closed)**

**12–8:50PM
Lap Swimming**
4 spots open

**12–8:30PM
Open Plunge**
4 spots for lap swim

TUESDAY

**5:30–8:50AM
Lap Swimming**
12 spots open

**9AM–12PM
Camp
(Pool Closed)**

**12–8:50PM
Lap Swimming**
4 spots open

**12–8:30PM
Open Plunge**
4 spots for lap swim

WEDNESDAY

**5:30–8:50AM
Lap Swimming**
12 spots open

**9AM–12PM
Camp
(Pool Closed)**

**12–8:50PM
Lap Swimming**
4 spots open

**12–8:30PM
Open Plunge**
4 spots for lap swim

THURSDAY

**5:30–8:50AM
Lap Swimming**
12 spots open

**9AM–12PM
Camp
(Pool Closed)**

**12–8:50PM
Lap Swimming**
4 spots open

**12–8:30PM
Open Plunge**
4 spots for lap swim

FRIDAY

**5:30–6:50AM
Lap Swimming**
12 spots open

**7–8:30AM
Swim Team**
No Lap Swimming

**9–9:50AM
Lap Swimming**
4 spots open

**10:00–10:50AM
H2 Moves***
No Lap Swimming

**11:30AM–6:50PM
Lap Swimming**
4 spots open

**11:30AM–6:30PM
Open Plunge**
4 spots for lap swim

SATURDAY

**8–10:50AM
Lap Swimming**
12 spots open

**11 AM–6:50PM
Lap Swimming**
4 spots open

**11:30AM–6:30PM
Open Plunge**
4 spots for lap swim

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