

outdoor pool *schedule*

May close for inclement weather (Sep 6 - Nov 2)

SUNDAY

8:00-9:50AM
Adult Swim
Workout
4 spots Lap Swim

10:00 -11:50AM
Lap Swimming
12 spots open

12:00 -5:50PM
Lap Swimming
4 spots open

12:00 -5:30PM
Open Plunge
4 spots open

MONDAY

5:30-9:20AM
Lap Swimming
12 spots open

10:00-11:00AM
H2 Moves
No Lap Swimming

11:30AM-8:20PM
Lap Swimming
12 spots open

TUESDAY

5:30AM-8:20PM
Lap Swimming
12 spots open

WEDNESDAY

5:30-8:20AM
Lap Swimming
12 spots open

THURSDAY

5:30AM-8:20PM
Lap Swimming
12 spots open

FRIDAY

5:30-9:20AM
Lap Swimming
12 spots open

10:00-11:00AM
H2 Moves
No Lap Swimming

11:30AM-5:30PM
Lap Swimming
12 spots open

SATURDAY

8:00-11:50AM
Lap Swimming
12 spots open

12:00PM-5:50PM
Lap Swimming
4 spots open

12:00 -5:30PM
Open Plunge
4 spots open

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



indoor pool schedule (Sep 6 - Nov 2)

SUNDAY

8:00AM-12:00PM
CLOSED

No Lap Swimming

12:00PM-5:50 PM
Lap Swimming
5 spots open

MONDAY

5:30AM-10:00AM
CLOSED

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

11:00-9:00PM
CLOSED

TUESDAY

5:30AM-9:00PM
CLOSED

WEDNESDAY

5:30AM-9:00PM
CLOSED

10:00-11:00AM
H2 Moves
No Lap Swimming

THURSDAY

5:30AM-9:00PM
CLOSED

FRIDAY

5:30AM-10:00AM
CLOSED

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

11:00-6:00PM
CLOSED

SATURDAY

8:00AM-12:00PM
CLOSED

No Lap Swimming

12:00PM-5:50 PM
Lap Swimming
5 spots open

LAP SWIMMING AVAILABILITY

Unless Noted, ALL lanes are open

12:00PM - 5:50PM

10:00-10:50AM

10:00-10:50AM

12:00PM-5:50PM

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