

indoor pool schedule (Sep 3-Apr 27)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM -9:50AM Adult Swim Workout* No Lap Swim *Outdoors during Sep.						
	10:00-10:50AM H2 Moves No Lap Swim		10:00-10:50AM H2 Moves No Lap Swim		10:00-10:50AM H2 Moves No Lap Swim	
	3:00PM-3:45PM Group Lessons	3:00PM-3:45PM Group Lessons	3:00PM-3:45PM Group Lessons	3:00PM-3:45PM Group Lessons	3:00PM-5:50PM Swim Team	
	4:00PM-7:00PM Swim Team No Lap Swim	4:00PM-7:00PM Swim Team No Lap Swim	4:00PM-7:00PM Swim Team No Lap Swim	4:00PM-7:00PM Swim Team No Lap Swim		

indoor lap swim

Unless noted, All lanes are open

10:00AM-5:50PM	5:30AM-9:50AM 11:00AM-2:50PM 3:00-3:50 PM 6 spots 7:00PM-8:45PM	5:30AM-2:50PM 3:00-3:50PM 6 spots 7:00PM-8:50 PM	5:30AM-9:50AM 11:00AM-2:50PM 3:00-3:50PM 6 spots 7:00PM-8:45PM	5:30AM-2:50PM 3:00-3:50PM 6 spots 7:00PM-8:45PM	5:30AM-9:50AM 11:00AM-2:50PM 3:00-3:50PM 4 spots 4:00-5:50PM 2 spots	8:00AM-5:50PM
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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 (Sep 3-30)

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

outdoor lap swim

Unless noted, All lanes are open

<p>8:00-9:50AM 4 spots</p> <p>10:00-11:00AM</p> <p>11AM-5:50PM 4 spots</p>	5:30AM-8:50PM	5:30AM-8:50PM	5:30AM-8:50PM	5:30AM-8:50PM	<p>5:30AM-9:50AM</p> <p>11:00AM-5:50PM</p>	<p>8:00AM-10:50AM</p> <p>11AM-5:50PM 4 spots</p>
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