



PROSSERMAN
JCC

Aquatics Schedule - Lap Pool

Winter 2026 Jan 12 - Mar 31

Temperature: 29°C | 84°F

		6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	12:00PM - 12:50PM	12:50PM - 4:15PM	4:15PM - 8:00PM	7:45PM - 8:45PM	8:45PM - 9:30PM	9:30PM				
MONDAY	1	Leisure Swim	AquaFit	AquaFit	AquaFit	Leisure Swim	Programs: Swim Lessons	Programs: Master Swim	Leisure Swim	Pool Closed				
	2	Adult Lane Swim				Adult Lane Swim			Adult Lane Swim		Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim
	3													
	4			Adult Lane Swim	Adult Lane Swim	Adult Lane Swim								
	5						Adult Lane Swim	Adult Lane Swim	Adult Lane Swim					
	6			Adult Lane Swim	Adult Lane Swim	Adult Lane Swim								
TUESDAY	1	Leisure Swim	AquaFit	AquaFit	AquaFit	Leisure Swim	Programs: Swim Lessons	Programs: Master Swim	Leisure Swim	Pool Closed				
	2	Adult Lane Swim				Adult Lane Swim			Adult Lane Swim		Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim
	3													
	4			Adult Lane Swim	Adult Lane Swim	Adult Lane Swim								
	5						Adult Lane Swim	Adult Lane Swim	Adult Lane Swim					
	6			Adult Lane Swim	Adult Lane Swim	Adult Lane Swim								
WEDNESDAY	1	Leisure Swim	AquaFit	AquaFit	AquaFit	Leisure Swim	Programs: Swim Lessons	Leisure Swim		Pool Closed				
	2	Adult Lane Swim				Adult Lane Swim		Adult Lane Swim	Adult Lane Swim		Adult Lane Swim	Adult Lane Swim		
	3												Adult Lane Swim	Adult Lane Swim
	4			Adult Lane Swim	Adult Lane Swim	Adult Lane Swim								
	5						Adult Lane Swim	Adult Lane Swim	Adult Lane Swim					
	6			Adult Lane Swim	Adult Lane Swim	Adult Lane Swim								
THURSDAY	1	Leisure Swim	AquaFit	AquaFit	Leisure Swim		Programs: Inclusion	Programs: Master Swim	Leisure Swim	Pool Closed				
	2	Adult Lane Swim			Adult Lane Swim	Adult Lane Swim	Adult Lane Swim		Adult Lane Swim		Adult Lane Swim	Adult Lane Swim		
	3												Adult Lane Swim	Adult Lane Swim
	4			Adult Lane Swim	Adult Lane Swim	Adult Lane Swim								
	5						Adult Lane Swim	Adult Lane Swim	Adult Lane Swim					
	6			Adult Lane Swim	Adult Lane Swim	Adult Lane Swim								
FRIDAY	1	Leisure Swim	AquaFit	AquaFit	AquaFit	Leisure Swim	Programs: Swim Lessons	Rec Swim		Pool Closed				
	2	Adult Lane Swim				Adult Lane Swim		Adult Lane Swim	Adult Lane Swim		Adult Lane Swim	Adult Lane Swim		
	3												Adult Lane Swim	Adult Lane Swim
	4			Adult Lane Swim	Adult Lane Swim	Adult Lane Swim								
	5						Adult Lane Swim	Adult Lane Swim	Adult Lane Swim					
	6			Adult Lane Swim	Adult Lane Swim	Adult Lane Swim								
SATURDAY	1	Adult Lane Swim	9:00AM - 2:00PM Programs: Inclusion				2:00PM - 7:30PM		7:30PM	Pool Closed				
	2		Programs: Swim Lessons				Family Swim							
	3						Adult Lane Swim							
	4													
	5													
	6													
SUNDAY	1	Adult Lane Swim	AquaFit	9:00AM - 2:00PM Programs: Inclusion			2:00PM - 6:00PM		6:00PM - 7:30PM	7:30PM				
	2			Programs: Swim Lessons				Family Swim						
	3							Adult Lane Swim						
	4		Aquatics Leader Program											
	5		Adult Lane Swim											
	6		Adult Lane Swim											

- Lane Swim
- Programs
- Leisure/Rec Swim
- Family Swim
- AquaFit/GroupEx

For inquiries contact:
aquatics@prossermanjcc.com
www.prossermanjcc.com/aquatics



		6:00AM - 9:15AM	9:15AM - 11:30AM	11:30AM - 4:00PM	4:15PM - 7:45PM		7:45PM - 9:30PM	9:30PM																																																																			
MONDAY	Right	Leisure Swim	Programs: Daycare	Leisure Swim	Programs: Swim Lessons	Programs: Swim Lessons	Leisure Swim	Pool Closed																																																																			
	Left					Leisure Swim 6:30PM - 7:45PM			TUESDAY	Right	Leisure Swim	Programs: Water Babies	Programs: Aqua Revive	Leisure Swim	Programs: Swim Lessons	Programs: Swim Lessons	Leisure Swim	Pool Closed	Left	Leisure Swim	Leisure Swim	Leisure Swim 6:30PM - 7:45PM	WEDNESDAY	Right	Leisure Swim	Programs: Daycare	Leisure Swim	Programs: Swim Lessons	Programs: Swim Lessons	Leisure Swim	Pool Closed	Left	Leisure Swim 6:30PM - 7:45PM	THURSDAY	Right	Leisure Swim	Programs: Water Babies	Programs: Aqua Revive	Leisure Swim	Programs: Swim Lessons 4:15PM - 7:45PM		Leisure Swim	Pool Closed	Left	Leisure Swim	Leisure Swim	Programs: Water Babies	Leisure Swim	FRIDAY	Right	Leisure Swim	Programs: Daycare	Leisure Swim	Programs: Swim Lessons		Leisure Swim	Pool Closed	Left	Leisure Swim	SATURDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim	Programs: Water Babies		Leisure Swim	Pool Closed	Left	Programs: Swim Lessons	Leisure Swim	SUNDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM
TUESDAY	Right	Leisure Swim	Programs: Water Babies	Programs: Aqua Revive	Leisure Swim	Programs: Swim Lessons	Programs: Swim Lessons	Leisure Swim		Pool Closed																																																																	
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