



PROSSERMAN
JCC

Aquatics Schedule - Lap Pool

Winter 2026 Jan 12 - Mar 31

Temperature: 29°C | 84°F

MONDAY		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					
	1	Leisure Swim	Adult Lane Swim	Aquafit	Aquafit	Aquafit	Leisure Swim	Programs: Master Swim	Leisure Swim	Pool Closed					
TUESDAY	2	Adult Lane Swim					Programs: Master Swim	Leisure Swim	Adult Lane Swim						
	3														
	4														
	5	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Pool Closed						
	6														
WEDNESDAY		6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	12:00PM - 12:50PM	12:50PM - 4:15PM	4:15PM - 7:45PM		7:45PM - 9:30PM		9:30PM				
	1	Leisure Swim	Adult Lane Swim	Aquafit	Aquafit	Aquafit	Leisure Swim	Programs: Master Swim	Leisure Swim	Pool Closed					
	2	Programs: Master Swim					Leisure Swim	Adult Lane Swim							
	3														
	4														
	5	Adult Lane Swim		Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Pool Closed						
	6														
THURSDAY		6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM		11:00AM - 4:15PM		4:15PM - 7:45PM	7:45PM - 8:45PM	8:45PM - 9:30PM	9:30PM				
	1	Leisure Swim	Adult Lane Swim	Aquafit	Aquafit	Aquafit	Leisure Swim	Programs: Inclusion	Leisure Swim	Pool Closed					
	2	Adult Lane Swim					Programs: Master Swim	Adult Lane Swim							
	3														
	4														
	5	Adult Lane Swim		Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Pool Closed						
	6														
FRIDAY		6:00AM - 9:00AM	9:05AM - 9:55AM	10:05AM - 10:55AM	1:05PM - 1:55PM	1:55PM - 5:15PM	5:15PM - 6:30PM		6:30PM - 9:30PM		9:30PM				
	1	Leisure Swim	Adult Lane Swim	Aquafit	Aquafit	Aquafit	Leisure Swim	Programs: Swim Lessons	Rec Swim	Pool Closed					
	2	Adult Lane Swim					Programs: Master Swim	Adult Lane Swim							
	3														
	4														
	5	Adult Lane Swim		Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Pool Closed						
	6														
SATURDAY			7:00AM - 9:00AM			9:00AM - 2:00PM				2:00PM - 7:30PM			7:30PM		
	1	Adult Lane Swim	Programs: Inclusion	Programs: Inclusion	Programs: Inclusion	Programs: Inclusion	Family Swim	Family Swim	Adult Lane Swim	Pool Closed					
	2														
	3														
	4		Programs: Swim Lessons	Programs: Swim Lessons	Programs: Swim Lessons	Programs: Swim Lessons	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Pool Closed					
	5														
	6		Adult Lane Swim				Adult Lane Swim			Adult Lane Swim					
SUNDAY		7:00AM - 8:05AM	8:05AM - 8:55AM	9:00AM - 2:00PM			2:00PM - 6:00PM		6:00PM - 7:30PM	7:30PM					
	1	Adult Lane Swim	Aquafit	Programs: Inclusion	Programs: Inclusion	Programs: Inclusion	Family Swim	Family Swim	Adult Lane Swim	Pool Closed					
	2														
	3														
	4		Adult Lane Swim	Programs: Swim Lessons	Programs: Swim Lessons	Programs: Swim Lessons	Aquatics Leader Program	Aquatics Leader Program	Adult Lane Swim	Pool Closed					
	5														
	6														

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

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



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Aquatics Schedule - Leisure Pool

Winter 2026 Jan 12 - Mar 31

Temperature: 29°C | 84°F

MONDAY		6:00AM - 9:15AM	9:15AM - 11:30AM	11:30AM - 4:00PM	4:15PM - 7:45PM		7:45PM - 9:30PM		9:30PM		
	Right	Leisure Swim	Programs: Daycare	Leisure Swim	Programs: Swim Lessons		Leisure Swim	Leisure Swim	Pool Closed		
	Left				Leisure Swim						
TUESDAY		6:00AM - 10:30AM	10:30AM - 12:30PM	1:30PM - 2:30PM	2:30PM - 4:15PM	4:15PM - 7:45PM		7:45PM - 9:30PM	9:30PM		
	Right	Leisure Swim	Programs: Water Babies	Programs: Aqua Revive	Leisure Swim	Programs: Swim Lessons		Leisure Swim	Pool Closed		
	Left		Leisure Swim	Leisure Swim		Leisure Swim 4:15PM - 7:45PM					
WEDNESDAY		6:00AM - 9:15AM	9:15AM - 11:00AM	11:00AM - 4:00PM	4:15PM - 6:30PM			6:30PM - 9:30PM	9:30PM		
	Right	Leisure Swim	Programs: Daycare	Leisure Swim	Programs: Swim Lessons			Leisure Swim	Pool Closed		
	Left				Leisure Swim 4:00PM - 6:30PM						
THURSDAY		6:00AM - 11:00AM	11:00AM - 1:00PM	1:30PM - 2:30PM	2:30PM - 4:15PM	4:00PM - 6:00PM	6:30PM - 7:45PM	7:45PM - 9:30PM	9:30PM		
	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		6:00AM - 10:15AM	10:15AM - 11:30AM	11:30AM - 4:15PM	4:15PM - 6:00PM		7:45PM - 9:30PM		9:30PM		
	Right	Leisure Swim	Programs: Daycare	Leisure Swim	Programs: Swim Lessons		Leisure Swim	Leisure Swim	Pool Closed		
	Left				Leisure Swim						
SATURDAY		7:00AM - 9:00AM	9:00AM - 2:00PM	2:00PM - 3:00PM	3:00PM - 5:00PM		5:00PM - 7:30PM		7:30PM		
	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim	Programs: Water Babies		Leisure Swim	Leisure Swim	Pool Closed		
	Left		Programs: Swim Lessons		Leisure Swim						
SUNDAY		7:00AM - 9:00AM	9:00AM - 2:00PM	2:00PM - 7:30PM					7:30PM		
	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim	Leisure Swim						
	Left		Programs: Swim Lessons		Leisure Swim						

- Lane Swim
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