



PROSSERMAN
JCC

Aquatics Schedule - Lap Pool

Spring 2026 April 13 - June 28

Temperature: 29°C | 84°F

| | 6:00AM - 9:00AM | 9:05AM - 9:50AM | 10:05AM - 10:55AM | 11:00AM - 11:55AM | 12:00PM - 12:50PM | 12:50PM - 4:00PM | 4:00PM - 7:45PM | 7:45PM - 8:45PM | 8:45PM - 9:30PM | 9:30PM | |
|--------|-----------------|-----------------|-------------------|-------------------|-------------------|------------------|-----------------|------------------------|-----------------------|-----------------|-------------|
| MONDAY | 1 | Leisure Swim | AquaFit | AquaFit | Leisure Swim | AquaFit | Leisure Swim | Programs: Swim Lessons | Programs: Master Swim | Leisure Swim | Pool Closed |
| | 2 | Adult Lane Swim | | | Adult Lane Swim | | | | | Adult Lane Swim | |
| | 3 | | Adult Lane Swim | Adult Lane Swim | | Adult Lane Swim | Adult Lane Swim | | | | |
| | 4 | Adult Lane Swim | | | Adult Lane Swim | | | Adult Lane Swim | Adult Lane Swim | | |
| | 5 | | Adult Lane Swim | Adult Lane Swim | | Adult Lane Swim | Adult Lane Swim | | | | |
| | 6 | Adult Lane Swim | | | Adult Lane Swim | | | Adult Lane Swim | Adult Lane Swim | | |

| | 6:00AM - 9:00AM | 9:05AM - 9:55AM | 10:05AM - 10:55AM | 11:00AM-1:00PM | 1:05PM - 1:55PM | 1:55PM - 4:00PM | 4:00PM - 7:45PM | 7:45PM - 8:45PM | 8:45PM - 9:30PM | 9:30PM | |
|---------|-----------------|-----------------|-------------------|-----------------|-----------------|-----------------|-----------------|------------------------|-----------------------|-----------------|-------------|
| TUESDAY | 1 | Leisure Swim | AquaFit | AquaFit | Leisure Swim | AquaFit | Leisure Swim | Programs: Swim Lessons | Programs: Master Swim | Leisure Swim | Pool Closed |
| | 2 | Adult Lane Swim | | | Adult Lane Swim | | | | | Adult Lane Swim | |
| | 3 | | Adult Lane Swim | Adult Lane Swim | | Adult Lane Swim | Adult Lane Swim | | | | |
| | 4 | Adult Lane Swim | | | Adult Lane Swim | | | Adult Lane Swim | Adult Lane Swim | | |
| | 5 | | Adult Lane Swim | Adult Lane Swim | | Adult Lane Swim | Adult Lane Swim | | | | |
| | 6 | Adult Lane Swim | | | Adult Lane Swim | | | Adult Lane Swim | Adult Lane Swim | | |

| | 6:00AM - 9:00AM | 9:05AM - 9:55AM | 10:05AM - 10:55AM | 11:00AM - 11:55AM | 12:00PM - 12:50PM | 12:50PM - 4:00PM | 4:00PM - 7:45PM | 7:45PM - 9:30PM | 9:30PM | |
|-----------|-----------------|-----------------|-------------------|-------------------|-------------------|------------------|-----------------|------------------------|-----------------|-------------|
| WEDNESDAY | 1 | Leisure Swim | AquaFit | AquaFit | Leisure Swim | AquaFit | Leisure Swim | Programs: Swim Lessons | Leisure Swim | Pool Closed |
| | 2 | Adult Lane Swim | | | Adult Lane Swim | | | | | |
| | 3 | | Adult Lane Swim | Adult Lane Swim | | Adult Lane Swim | Adult Lane Swim | | | |
| | 4 | Adult Lane Swim | | | Adult Lane Swim | | | Adult Lane Swim | Adult Lane Swim | |
| | 5 | | Adult Lane Swim | Adult Lane Swim | | Adult Lane Swim | Adult Lane Swim | | | |
| | 6 | Adult Lane Swim | | | Adult Lane Swim | | | Adult Lane Swim | Adult Lane Swim | |

| | 6:00AM - 9:00AM | 9:05AM - 9:55AM | 10:05AM - 10:55AM | 11:00AM - 4:00PM | 4:00PM - 7:45PM | 7:45PM - 8:45PM | 8:45PM - 9:30PM | 9:30PM |
|----------|-----------------|-----------------|-------------------|------------------|-----------------|---------------------|-----------------|-------------|
| THURSDAY | 1 | Leisure Swim | AquaFit | AquaFit | Leisure Swim | Programs: Inclusion | Leisure Swim | Pool Closed |
| | 2 | Adult Lane Swim | | | | | | |
| | 3 | | Adult Lane Swim | Adult Lane Swim | Adult Lane Swim | Adult Lane Swim | | |
| | 4 | Adult Lane Swim | | | | | Adult Lane Swim | |
| | 5 | | Adult Lane Swim | Adult Lane Swim | Adult Lane Swim | Adult Lane Swim | | |
| | 6 | Adult Lane Swim | | | | | Adult Lane Swim | |

| | 6:00AM - 9:00AM | 9:05AM - 9:55AM | 10:05AM - 10:55AM | 11:00AM-1:00PM | 1:05PM - 1:55PM | 1:55PM - 4:15PM | 4:15PM - 6:30PM | 6:30PM - 9:30PM | 9:30PM | |
|--------|-----------------|-----------------|-------------------|-----------------|-----------------|-----------------|-----------------|------------------------|-----------------|-------------|
| FRIDAY | 1 | Leisure Swim | AquaFit | AquaFit | Leisure Swim | AquaFit | Leisure Swim | Programs: Swim Lessons | Rec Swim | Pool Closed |
| | 2 | Adult Lane Swim | | | Adult Lane Swim | | | | | |
| | 3 | | Adult Lane Swim | Adult Lane Swim | | Adult Lane Swim | Adult Lane Swim | | | |
| | 4 | Adult Lane Swim | | | Adult Lane Swim | | | Adult Lane Swim | Adult Lane Swim | |
| | 5 | | Adult Lane Swim | Adult Lane Swim | | Adult Lane Swim | Adult Lane Swim | | | |
| | 6 | Adult Lane Swim | | | Adult Lane Swim | | | Adult Lane Swim | Adult Lane Swim | |

| | 7:00AM - 9:00AM | 9:00AM - 2:00PM | 2:00PM - 7:30PM | 7:30PM | |
|----------|-----------------|-----------------|---------------------|-----------------|-------------|
| SATURDAY | 1 | Adult Lane Swim | Programs: Inclusion | Family Swim | Pool Closed |
| | 2 | | | | |
| | 3 | Adult Lane Swim | Adult Lane Swim | | |
| | 4 | | | Adult Lane Swim | |
| | 5 | Adult Lane Swim | Adult Lane Swim | | |
| | 6 | | | Adult Lane Swim | |

| | 7:00AM - 8:05AM | 8:05AM - 8:55AM | 9:00AM - 2:00PM | 2:00PM - 6:00PM | 6:00PM - 7:30PM | 7:30PM |
|--------|-----------------|-----------------|-----------------|---------------------|-----------------|-------------|
| SUNDAY | 1 | Adult Lane Swim | AquaFit | Programs: Inclusion | Family Swim | Pool Closed |
| | 2 | | | | | |
| | 3 | Adult Lane Swim | Adult Lane Swim | | | |
| | 4 | | | Adult Lane Swim | Adult Lane Swim | |
| | 5 | Adult Lane Swim | Adult Lane Swim | | | |
| | 6 | | | Adult Lane Swim | 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 - 1:30PM | 1:30PM - 2:30PM | 2:30PM - 4:15PM | 4:15PM - 7:45PM | 7:45PM - 9:30PM | 9:30PM |
|-----------|-------|-----------------|--|-----------------------|-----------------------|--|------------------------------|-----------------|-------------|
| MONDAY | Right | Leisure Swim | Programs: Daycare | Leisure Swim | Programs: Aqua Revive | Leisure Swim | Programs: Swim Lessons | Leisure Swim | Pool Closed |
| | Left | | | | Leisure Swim | | Leisure Swim | | |
| TUESDAY | Right | Leisure Swim | Programs: Water Babies | Leisure Swim | Programs: Aqua Revive | Leisure Swim | Programs: Swim Lessons | Leisure Swim | Pool Closed |
| | Left | | Leisure Swim | | Leisure Swim | | Leisure Swim 4:15PM - 7:45PM | | |
| WEDNESDAY | Right | Leisure Swim | Programs: Daycare | Leisure Swim | Programs: Aqua Revive | Leisure Swim | Programs: Swim Lessons | Leisure Swim | Pool Closed |
| | Left | | | | Leisure Swim | | Leisure Swim 4:00PM - 6:30PM | | |
| 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 | Leisure Swim | Programs: Swim Lessons | Leisure Swim | Leisure Swim | Pool Closed |
| | Left | | | | | Leisure Swim | | | |
| SATURDAY | Right | Leisure Swim | Programs: Water Babies 9:00AM - 1:00PM | Leisure Swim | Leisure Swim | Programs: Water Babies | Leisure Swim | Leisure Swim | Pool Closed |
| | Left | | Programs: Swim Lessons | | | Leisure Swim | | | |
| SUNDAY | Right | Leisure Swim | Programs: Water Babies 9:00AM - 1:00PM | Leisure Swim | Leisure Swim | Leisure Swim | Leisure Swim | Leisure Swim | Pool Closed |
| | Left | | Programs: Swim Lessons | | | | | | |

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

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