



Aquatics Schedule - Lap Pool

Spring 2026 April 13 - June 28

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

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

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



Aquatics Schedule - Leisure Pool Spring 2026 April 13 - June 28

		6:00AM - 9:15AM	9:15AM - 11:30AM	11:30AM - 1:30PM	1:30PM - 2:30PM	2:30PM - 4:00PM	4:00PM - 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	Programs: Adult Lessons	Leisure Swim	Programs: Aqua Revive	Programs: Swim Lessons	Leisure Swim	Pool Closed
	Left		Leisure Swim	Leisure Swim		Leisure Swim	Leisure Swim		
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		
THURSDAY	Right	Leisure Swim	Programs: Water Babies	Programs: Aqua Revive	Leisure Swim	Programs: Swim Lessons		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	Programs: Water Babies	Leisure Swim	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	Pool Closed
	Left		Programs: Swim Lessons						

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