

Aquatics Schedule - Lap Pool

Fall Session 2026 (September 14 to December 20)

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

Fall Session 2026 (September 14 to December 20)

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

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

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Indoor Lap Pool

	7:00 AM - 9:00 AM	9:05 AM - 9:55 AM	10:05AM - 10:55 AM	11:00 AM - 12:00 PM	12:00 PM - 1:00 PM	1:00PM - 3:30PM	3:30PM
1	Leisure Swim	Aquafit	Aquafit	Leisure Swim	Aquafit	Leisure Swim	Pool Closed
2	Adult Lane Swim			Adult Lane Swim		Aquafit	
3							
4							
5							
6							

Indoor Leisure Pool

	7:00 AM - 11:00 AM	11:00 AM - 3:30 PM	3:30 PM
Right	Leisure Swim	Family Swim	Pool Closed
Left			