

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		Adult Lane Swim	
	3													
	4	Adult Lane Swim			Adult Lane Swim	Adult Lane Swim			Adult Lane Swim	Adult Lane Swim				
	5		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 Dev/Master Swim	Leisure Swim	Pool Closed			
	2	Adult Lane Swim			Adult Lane Swim		Adult Lane Swim					Adult Lane Swim		
	3													
	4	Adult Lane Swim		Adult Lane Swim	Programs: Adult Lessons 11:30AM-1:00PM	Adult Lane Swim		Adult Lane Swim	Adult Lane Swim	Adult Lane Swim				
	5			Adult Lane Swim				Adult Lane Swim						
	6							Adult Lane Swim	Lane Swim					
WEDNESDAY		6:00AM - 6:30AM	6:30AM-7:30AM	7:30AM - 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	Programs: CHAT	Leisure	Aquafit	Aquafit	Leisure Swim	Aquafit	Leisure Swim	Programs: Swim Lessons	Programs: Master Swim	Leisure	Pool Closed	
	2	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		Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim			
	5					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	Programs: Swim Lessons	Adult Lane Swim						
	3													
	4	Adult Lane Swim		Adult Lane Swim	Adult Lane Swim	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													
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		Adult Lane Swim		Adult Lane Swim		Adult Lane Swim			
	3													
	4	Adult Lane Swim		Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim	Adult Lane Swim					
	5		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													
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							Lane Swim						
	4													
	5		Adult Lane Swim											
	6			Lane Swim	Aquatics Leadership		Lane Swim							

- 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										

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