

MANDEL JCC FALL INDOOR POOL SCHEDULE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am		6-8 am Adults Only 2 open / 4 lap	6-8 am Adults Only 2 open / 4 lap	6-8 am Adults Only 2 open / 4 lap	6-8 am Adults Only 2 open / 4 lap	6-8 am Adults Only 2 open / 4 lap	
6:30 am							
7:00 am							
7:30 am							
8:00 am	8-10 am Adults Only 2 open / 4 lap	8-12 noon 2 open / 3 lap Classes: Aqua Power: 8:30-9:30 am Virtual Core: 9:30-10:30 am (\$) Arthritis: 10:30-11:15 am (\$) MS: 11:15 am-12pm (\$)	8-1:30 pm 2 open / 4 lap	8-12 noon 2 open / 3 lap Classes: Aqua Power: 8:30-9:30 am Virtual Core: 9:30-10:30 am (\$) Arthritis: 10:30-11:15 am (\$) MS: 11:15 am-12pm (\$)	8-1:30 pm 2 open / 4 lap	8-12 noon 2 open / 3 lap Classes: Aqua Power: 8:30-9:30 am Virtual Core: 9:30-10:30 am (\$) Arthritis: 10:30-11:15 am (\$) MS: 11:15 am-12pm (\$)	
8:30 am							
9:00 am							
9:30 am							
10:00 am	10 am-4 pm 2 open / 3 lap Birthday Parties (\$) Lessons held in open end of pool	12-4 pm 2 open / 4 lap Lessons: 12:45-1:15 pm	1:30-2:30 Female Only 2 open / 4 lap	12-4 pm 2 open / 4 lap Lessons: 12:45-1:15 pm	1:30-2:30 Female Only 2 open / 4 lap	1:30-2:30 Female Only 2 open / 4 lap	12-1:30 pm 2 open / 4 lap
10:30 am							
11:00 am							
11:30 am							
12:00 pm		1-3:00 pm 2 open / 2 lap / 2 lessons	2:30-4 pm 2 open / 4 lap	2:30-4 pm 2 open / 4 lap	2:30-4 pm 2 open / 4 lap	2:30-4 pm 2 open / 4 lap	2:30-5 pm 2 open / 4 lap
12:30 pm							
1:00 pm		4-6 pm Female Only 2 open / 4 lap	4-6:30 pm 2 open / 2 lap / 2 lessons Aqua Tone: 5:30-6:30 pm (\$)	4-6:00 pm 2 open / 2 lap / 2 lessons	4-6:30 pm 2 open / 2 lap / 2 lessons Aqua Tone: 5:30-6:30 pm (\$)	4-6:00 pm 2 open / 2 lap / 2 lessons	3-6:00 pm 2 open / 3 lap
1:30 pm							
2:00 pm			6:00-8:30 pm 2 open / 4 lap	6:00-8:30 pm 2 open / 4 lap	7:00-8:30 pm 2 open / 4 lap	6:00-8:30 pm 2 open / 4 lap	Pool closes at 5 pm
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm	Pool closes at 6 pm	8:30-10 pm Female Only 2 open / 4 lap	8:30-10 pm Male Only 2 open / 4 lap	8:30-10 pm Female Only 2 open / 4 lap	8:30-10 pm Male Only 2 open / 4 lap	Pool closes at 6 pm	
4:30 pm							
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm							
6:30 pm							
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm							
9:00 pm							
9:30 pm							
10:00 pm							
		Pool closes at 10 pm					

- Lane format at discretion of lifeguard
- (\$) = there is a cost to take these classes
- Private lessons will be held in the open areas

There will be no female only swim available on Jewish and national holiday's or when we have shortened hours of operation.

Contact Stacey Murray (216) 831-0700, ext 1308 or smurray@clevejcc.org