

WINTER INDOOR POOL SCHEDULE



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am							
6:00 am							
6:30 am							
7:00 am							
7:30 am							
8:00 am							
8:30 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 – 12 pm (\$)	8 – 1:30 pm 2 open / 4 lap Class: High Intensity: 9:30 – 10:30 am (\$)	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 – 12 pm (\$)	8 – 1:30 pm 2 open / 4 lap Class: High Intensity: 9:30 – 10:30 am (\$)	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 – 12 pm (\$)	8 – 10 am Adults Only 2 open / 4 lap
9:00 am							
9:30 am							
10:00 am							
10:30 am	10 am – 7 pm 2 open / 3 lap	12 – 4 pm 2 open / 4 lap Lessons: 12:45 – 1:15 pm	1:30 – 2:30 pm Female Only 2 open / 4 lap	12 – 4 pm 2 open / 4 lap Lessons: 12:45 – 1:15 pm	1:30 – 2:30 pm Female Only 2 open / 4 lap:	12 – 1:30 pm 2 open / 4 lap	10 – 1 pm 2 open / 4 lap
11:00 am							
11:30 am							
12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm	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 – 7 pm 2 open / 2 lap / 2 Lessons Aqua Tone: 5:30 – 6:30 pm (\$)	4 – 6 pm 2 open / 2 lap / 2 Lessons	2:30 – 8 pm 2 open / 4 lap	1 – 3 pm 2 open / 2 lap / 2 lessons	
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm	7 – 8 pm Female Only 2 open / 4 lap	6:30 – 8:30 pm 2 open / 4 lap	6 – 8:30 pm 2 open / 4 lap	6 – 8:30 pm 2 open / 4 lap			
6:00 pm							
6:30 pm	Pool closes at 8 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 8 pm	Pool closes at 8 pm
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm	Pool closes at 8 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 8 pm	Pool closes at 8 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**
- Personal Training / Small Group training will be held in the open areas.

Contact Lyle Reed (216) 831-0700, ext 1308 or lreed@mandeljcc.org

****Note: There is no single-gender swim if The Mandel JCC modifies building or operational hours for any reason.**



www.mandeljcc.org