POOL SCHEDULE

THANKSGIVING - OCT 12 2026

OPEN LANES

SCHEDULE UPDATED ON OCT 8, 2026
SUBJECT TO CHANGE

POOL OPENS AT 6:15AM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM	LATE OPEN FOR THANKSIVING OPEN 9:30am				
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM	AQUAFIT 10:30-11:15am				
11:00 AM					
11:30 AM	AQUAFIT 11:30am-12:15pm				
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM	EARLY CLOSE FOR THANKSIVING CLOSE 4:30pm				
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					

POOL CLOSES AT 9:30pm

POOL OPENS AT 7:15AM

SATURDAY	SUNDAY

POOL CLOSES AT 6:30pm

POOL CLOSES AT 9:30pm

POOL ACTIVITIES

MNJCC.ORG/AQUATICS

LANE SWIM (AGES 12+)
Please follow the Lane Swim Etiquette at all times.
→

REC SWIM (ALL AGES)
Children in the water must be accompanied by an adult over the age of 16. Children 12 and under must pass a test in order to swim in the deep end. Deep end test = one length of the pool with a recognizable stroke and one minute of treading water. Please see the lifeguard on duty to complete the test.

SWIM LESSONS (ALL AGES)
Register online at www.mnjcc.org/swimlessons
Please be advised that lessons may run during other scheduled pool activities.

AQUAFIT (AGES 12+)
Aquafit is ideal if you are looking for an alternative to weight-bearing exercise. A great total body workout for all ages and all fitness levels in the pool.

SWIMFIT (AGES 15+)
Designed for more advanced swimmers who are looking to incorporate swimming into their regular exercise routine. Swimmers must have a strong understanding of and be proficient at front crawl, back crawl, and breaststroke and must be able to swim 400m continuously. Free for Members → register at www.mnjcc.org/swim15

MASTERS SWIM (AGES 15+)
For advanced swimmers looking for a challenge. Masters Swim offers a great workout and training provided by one of our experienced coaches who can work with you to help achieve your swimming goals. Free for Members → register at www.mnjcc.org/swim15

LANE SWIM ETIQUETTE

Choose the appropriate lane for your pace: Fast, Medium, or Slow.

When entering a lane, give swimmers the right of way and inform other swimmers that you are entering

Parallel swimming can be done until a third person enters the lane. Circle swimming will commence in a counter clock-wise direction when all swimmers are notified and ready.

Allow faster swimmers to pass you once you have reached the end of the pool. Passing in the middle of the lane is also acceptable.

If you are continually being passed, please move to a slower lane if available. Conversely, if you are continually passing others, please move to a faster lane if available.

When pausing at the end of a lap, move to the corner of the lane to allow others to swim uninterrupted.

Walking, aqua-jogging and stationary exercises can only be done when at least two lanes are available and must be done in the Slow Lane or during
Rec Swim.

LIFEGUARDS HAVE THE RESPONSIBILITY AND AUTHORITY TO ASK YOU TO MOVE TO A SPECIFIC LANE. YOU MUST LISTEN TO THEIR DIRECTIONS, REGARDLESS OF THE SITUATION.