

JANUARY 2025

indoor pool schedule

MONDAY				
TIME				
6:15 - 8:20am		Lap		Rec Swim/ Open
8:30 - 10:30am	Lap	Water Ex		
10:30 - 12:00pm		Lap		Rec Swim/ Open
12:00 - 2:30pm		Lap		Rec Swim/ Open
2:30 - 3:55pm		Lap		Rec Swim/ Open
4:00 - 7:00pm	Swim Lessons	Lap		Rec Swim/ Open
7:00 - 8:00pm	Masters Swim	Lap		Rec Swim/ Open
8:00 - 8:30pm		Lap		Rec Swim/ Open

TUESDAY				
TIME				
6:15 - 8:20am		Lap		Rec Swim/ Open
8:30 - 9:30am	Lap	Water Ex		
9:30 - 11:00am		Masters Swim		Rec Swim/ Open
11:00 - 4:00pm		Lap		Rec Swim/ Open
4:00 - 7:00pm	Swim Lessons	Lap		Rec Swim/ Open
7:00 - 8:30pm		Lap		Rec Swim/ Open

WEDNESDAY				
TIME				
6:15 - 8:20am		Lap		Rec Swim/ Open
8:30 - 9:30am	Lap	Water Ex		
9:30 - 9:40pm		Lap		Rec Swim/ Open
9:40 - 12:00pm	Swim Lessons	Lap		Rec Swim/ Open
12:00 - 2:30pm		Lap		Rec Swim/ Open
2:30 - 3:55pm		Lap		Rec Swim/ Open
4:00 - 7:00pm	Swim Lessons	Lap		Rec Swim/ Open
7:00 - 8:00pm	Masters Swim	Lap		Rec Swim/ Open
8:00 - 8:30pm		Lap		Rec Swim/ Open

THURSDAY				
TIME				
6:15 - 8:20am		Lap		Rec Swim/ Open
8:30 - 9:30am	Lap	Water Ex		
9:30 - 11:00am		Masters Swim		Rec Swim/ Open
11:00 - 4:00pm		Lap		Rec Swim/ Open
4:00 - 7:00pm	Swim Lessons	Lap		Rec Swim/ Open
7:00 - 8:30pm		Lap		Rec Swim/ Open

FRIDAY				
TIME				
6:15 - 8:20am		Lap		Rec Swim/ Open
8:30 - 9:30am	Lap	Water Ex		
9:30 - 12:00pm		Lap		Rec Swim/ Open
12:00 - 3:30pm		Lap		Rec Swim/ Open
3:30 - 5:30pm		Lap		Rec Swim/ Open

SATURDAY				
TIME				
8:15 - 9:30am	Lap	Water Ex		
9:30 - 12:00pm	Swim Lessons	Lap		Rec Swim/ Open
12:00 - 2:00pm		Lap	Open Family Swim	
2:00 - 5:30pm		Lap		Rec Swim/ Open

SUNDAY				
TIME				
8:15 - 9:30am		Masters Swim	Lap	Rec Swim/ Open
9:30 - 12:00pm	Swim Lessons	Lap		Rec Swim/ Open
12:00 - 2:00pm		Lap	Open Family Swim	
2:00 - 5:30pm		Lap		Rec Swim/ Open

Special Notes

January 2, 3

Limited space from 12-2:30pm

January 4

Limited space from 12pm-1pm

January 5

Limited space from 12pm-2pm

January 9

Limited space from 4-4:30pm

January 12

Limited space from 1:30-2:30pm

January 17

Limited space from 4-5:30pm

January 18, 19

Limited space ALL DAY

Indoor Pool Hours

Monday - Thursday:

6:15am-8:30pm

Friday:

6:15am-5:30pm

Saturday:

8:15am-5:30pm

Sunday:

8:15am-5:30pm

Holiday Hours

January 1:

8:15am-3:30pm

Questions?

Contact Laina Green at lainag@minnesotajcc.org



Minnesota JCC
Sabes Center Minneapolis

Please use this as a general guide.

This schedule is subject to change at any time with no or limited notice.

minnesotajcc.org

indoor pool guidelines & etiquette

- Sharing lanes at the pool is required.
 - With two people in the lane, stick to one side and stay on that side.
 - With three people in a lane, circle swim by always swimming on your right.
- Follow directions from aquatics staff regarding sharing lanes. Staff may also give directions about which lanes are available.
- Keep in mind that people may not be looking ahead while swimming. Do not swim in front of people and do not assume that someone will stop ahead of you.
- Do not enter a lane without alerting the other people in the lane.
- Respect the personal space of other pool users. Do not swim under other people.
- The starting block platforms in the deep end are for swim team use only.
- When there is a program in session, the designated program space is for that program only.
- The pool schedule will be updated monthly, and notices may be posted about schedule changes. We will make the best effort to inform you of schedule changes, and also reserve the right to change the schedule at any time with or without notice.

Questions?

Contact Laina Green at lainag@minnesotajcc.org

