

MARCH 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 - 8:00pm	Special Olympics		Lap	Rec Swim/ Open
8:00 - 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

March 2

Limited space (lap pool) from 1pm-3pm

March 2,

Limited space (wading pool) from 2pm-4pm

March 6,

Limited space from 4pm-6pm

March 8

Limited space from 2pm-4pm

March 9th

CLOSED from 12pm-2pm
(swim lessons & swim team ONLY)

March 21

Limited space from 4pm-5:30pm

March 22

Limited space ALL DAY

March 23

Limited space ALL DAY

Questions?

Contact Laina Green at lainag@minnesotajcc.org

Indoor Pool Hours

Monday - Thursday:

6:15am-8:30pm

Friday:

6:15am-5:30pm

Saturday:

8:15am-5:30pm

Sunday:

8:15am-5:30pm

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

