

SUMMER 2025

indoor pool schedule

JUNE 16 - AUGUST 22

MONDAY					
TIME					
6:30 - 7:15am	Lap				Rec Swim/ Open
7:15 - 8:15am	Masters Swim				Rec Swim/ Open
8:15 - 11:30am	CLOSED				
11:45 - 4:00pm	Lap				Rec Swim/ Open
4:00 - 7:00pm	Swim Lessons	Lap			Rec Swim/ Open
7:00 - 8:30pm	Lap				Rec Swim/ Open

TUESDAY					
TIME					
6:30 - 9:15am	Lap				Rec Swim Open
9:15 - 11:30am	CLOSED				
11:45 - 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					
6:30 - 9:45am	Lap				Rec Swim Open
9:45 - 10:45am	Masters Swim				Rec Swim Open
10:45 - 11:45am	Lap				Rec Swim Open
11:45 - 4:00pm	Lap				Rec Swim Open
4:00 - 7:00pm	Swim Lessons		Lap		Rec Swim Open
7:00 - 8:30pm	Lap				Rec Swim Open

THURSDAY					
TIME					
6:30 - 9:15am	Lap				Rec Swim/ Open
9:15 - 11:30am	CLOSED				
11:45 - 4:00pm	Lap				Rec Swim/ Open
4:00 - 7:00pm	Swim Lessons	Lap			Rec Swim/ Open
7:00 - 8:30pm	Lap				Rec Swim/ Open

Note: Wading pool reserved 10-12 PM in the case of inclement weather.

FRIDAY					
TIME					
6:30 - 12:00pm	Lap				Rec Swim/ Open
12:00 - 12:45pm	Hydro				Rec Swim/ Open
12:45 - 5:30pm	Lap				Rec Swim/ Open

***Note:** Indoor wading pool is RESERVED from 9:30am-12pm

SATURDAY					
TIME					
8:30 - 9:30am	Lap*				Rec Swim Open
9:30 - 12:45pm	Swim Lessons	Lap			Rec Swim Open
12:00 - 5:30pm	Lap				Rec Swim Open

***Note:** Water Ex will be moved indoors in the case of inclement weather.

SUNDAY					
TIME					
8:30 - 9:30am	Masters Swim			Lap	Rec Swim Open
9:30 - 12:45pm	Swim Lessons			Lap	Rec Swim Open
12:00 - 5:30pm	Lap				Rec Swim Open

Indoor Pool Hours

Monday - Thursday:

6:15am-8:30pm

Friday:

6:15am-5:30pm

Saturday:

8:15am-5:30pm

Sunday:

8:15am-5:30pm

Please Note:

All outdoor pool programs will move inside in the case of inclement weather.

Questions?

Contact Jessica Barlow at jessicab@minnesotajcc.org

Please use this as a general guide.

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

minnesotajcc.org

SUMMER 2025

outdoor pool schedule **JUNE 9 - AUGUST 29**

MONDAY					
TIME					
7:00 - 8:15am	Adult Lap Swim				
8:30 - 9:30am	Water Exercise				
9:30 - 12:00pm	CLOSED*				
12:00 - 7:00pm	Rec Swim/Open				

TUESDAY					
TIME					
7:00 - 8:15am	Adult Lap Swim				
8:30 - 9:30am	Water Exercise				
9:30 - 12:00pm	CLOSED*				
12:00 - 7:00pm	Rec Swim/Open				

***Note:** Wading pool reserved from 12pm-1pm

WEDNESDAY					
TIME					
7:00 - 8:15am	Adult Lap Swim				
8:30 - 9:30am	Water Exercise				
9:30 - 12:00pm	CLOSED*				
12:00 - 7:00pm	Rec Swim/Open				

THURSDAY					
TIME					
7:00 - 8:15am	Adult Lap Swim				
8:30 - 9:30am	Water Exercise				
9:30 - 12:00pm	CLOSED*				
12:00 - 7:00pm	Rec Swim/Open				

***Note:** Wading pool reserved from 12pm-1pm

FRIDAY					
TIME					
7:00 - 8:15am	Adult Lap Swim				
8:30 - 9:30am	Water Exercise				
9:30 - 12:00pm	CLOSED*				
12:00 - 5:30pm	Rec Swim/Open				

SATURDAY					
TIME					
8:30 - 9:30am	Water Exercise				
9:30 - 10:45am	Adult Lap Swim				
11:00 - 5:30pm	Rec Swim/Open				

SUNDAY					
TIME					
9:30 - 10:45am	Adult Lap Swim				
11:00 - 5:30pm	Rec Swim/Open				

NOTE:

The outdoor pool deck is CLOSED outside of rec swim hours.

Questions?

Contact Jessica Barlow at jessicab@minnesotajcc.org

Wading Pool Hours (June 9 - August 29)

Monday-Thursday:

12:00pm-7:00pm

Friday:

12:00pm-5:30pm

Saturday:

11:00am-5:30pm

Sunday:

11:00am-5:30pm

Outdoor Pool Hours

(June 9 - August 29)

Monday-Thursday:

7:00am-7:00pm*

Friday:

7:00am-5:30pm*

Saturday:

8:30am-5:30pm

Sunday:

9:30am-5:30pm

***Closed 9:30am-12pm**
(Beginning June 16)



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.

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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.

