

SUMMER 2025

indoor pool schedule

Due to a maintenance issue caused by the recent power outage, the INDOOR POOLS are currently closed until further notice. We will communicate more info as soon as we can. We apologize for the inconvenience.

Our OUTDOOR POOLS are open.



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

SUMMER 2025

outdoor pool schedule

JULY 2 - 12

MONDAY					
TIME					
6:30 - 7:15am	Lap Swim				
7:15 - 8:15am	Masters Swim				
8:30 - 9:30am	Water Exercise				
9:30 - 12:00pm	CLOSED				
12:00 - 1:50pm	Rec/Open				
1:50 - 3:30pm	H:Olami	Lap	Rec/Open		
3:30 - 7:00pm	Swim Lessons	Lap	Rec/Open		

TUESDAY					
TIME					
6:30 - 8:30am	Adult Lap Swim				
8:30 - 9:30am	Water Exercise				
9:30 - 12:00pm	CLOSED				
12:00 - 1:50pm	Rec/Open*				
1:50 - 3:30pm	H:Olami	Lap	Rec/Open		
3:30 - 4:30pm	Rec/Open*				
4:30 - 5:30pm	Swim Team	Lap	Rec/Open		
5:30 - 7:00pm	Swim Lessons	Lap	Rec/Open		

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

WEDNESDAY					
TIME					
6:30 - 8:30am	Adult Lap Swim				
8:30 - 9:30am	Water Exercise				
9:45 - 10:45am	Masters Swim				
10:00 - 12:00pm	CLOSED				
12:00 - 1:50pm	Rec/Open*				
1:50 - 3:30pm	H:Olami	Lap	Rec/Open		
3:30 - 7:00pm	Swim Lessons	Lap	Rec/Open		

THURSDAY				
TIME				
6:30 - 8:30am	Adult Lap Swim			
8:30 - 9:30am	Water Exercise			
9:30 - 12:00pm	CLOSED			
12:00 - 1:50pm	Rec/Open*			
1:50 - 3:30pm	H:Olami	Lap	Rec/Open	
3:30 - 4:30pm	Rec/Open*			
4:30 - 5:30pm	Swim Team	Lap	Rec/Open	
5:30 - 7:00pm	Swim Lessons	Lap	Rec/Open	

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

FRIDAY				
TIME				
6:30 - 8:30am	Lap Swim			
8:30 - 9:30am	Water Exercise			
9:30 - 12:00pm	CLOSED			
12:00 - 12:45pm	Hydro HIIT	Lap	Rec/Open	
1:00 - 2:40pm	Swim Lab	Lap	Rec/Open	
2:40 - 5:30pm	Rec/Open			

SATURDAY					
TIME					
8:30 - 9:30am	Water Exercise				
9:30 - 1:00pm	Swim Lessons	Rec/Open			
1:00 - 5:30pm	Rec/Open				

SUNDAY					
TIME					
8:30 - 9:30am	Masters Swim				
9:30 - 1:00pm	Swim Lessons	Rec/Open			
1:00 - 5:30pm	Rec/Open				

Outdoor Pool Hours

Monday-Thursday:

6:30am-7:00pm

Friday:

6:30am-5:30pm

Saturday-Sunday:

8:30am-5:30pm

Schedule Notes:

- Outdoor pools close for **thirty minutes** from the last sight of lightning or sound of thunder
- Outdoor pools are open if it is raining, unless rain is so heavy that it becomes a visibility hazard
- All programs will be cancelled and refunded in the event of severe weather as mentioned above
- The outdoor pools are heated! Even if it is cold outside, the water is likely at or close to the normal pool temperature.
- There will be **very limited availability** of the slide and diving board during the indoor pool closure.

Questions?

Contact Jessica Barlow at jessicab@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.

