

FALL 2025

indoor pool schedule

MONDAY					
TIME					
6:15 - 8:20am		Lap			Rec Swim/ Open
8:30 - 10:30am	Lap	Water Ex			
9:30 - 1:30pm		Lap			Rec Swim/ Open
1:30 - 2:15pm	Lap	Water Ex			
2:30 - 3:50pm		Lap			Rec Swim/ Open
3:50 - 7:00pm	Swim Lessons	Lap			Rec Swim/ Open
7:00 - 8:00pm		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 - 9:50am		Lap			Rec Swim/ Open
9:50 - 12:00pm	Swim Lessons	Lap			Rec Swim/ Open
12:00 - 4:00pm		Lap			Rec Swim/ Open
4:00 - 7:00pm	Swim Lessons	Lap			Rec Swim/ Open
7:00 - 8:00pm		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 - 1:00pm		Hydro			Rec Swim/ Open
1:00 - 2:00pm	Swim Lessons	Swim Lab			Rec Swim/ Open
2:00 - 2:45pm	Swim Lessons	Lap			Rec Swim/ Open
2:45 - 5:30pm		Lap			Rec Swim/ Open

SATURDAY					
TIME					
8:15 - 9:30am	Lap	Water Ex			
9:30 - 12:45pm	Swim Lessons	Lap			Rec Swim/ Open
12:45 - 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 - 12:45pm	Swim Lessons	Lap			Rec Swim/ Open
12:45 - 2:00pm		Lap	Open Family Swim		
2:00 - 5:30pm		Lap			Rec Swim/ Open

Special Notes

September 23

Holiday - No Programming

September 24

Holiday - No Programming

October 7

Holiday - No Programming

October 8

Holiday - No Programming

October 14

Holiday - No Programming

October 15

Holiday - No Programming

Indoor Pool Hours

Monday - Thursday:

6:15am-8:30pm

Friday:

6:15am-5:30pm

Saturday:

8:15am-5:30pm

Sunday:

8:15am-5:30pm

Questions?

Contact Jessica Barlow at jessicab@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.

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