

JANUARY 2026

indoor pool schedule

MONDAY				
TIME				
6:15 - 8:20am		Lap		Rec Swim/ Open
8:30 - 9:30am	Lap	Water Ex		
9:45 - 10:30am	Swim Lab	Lap		Rec Swim/ Open
10:45 - 11:30am*	Hydro Hiit*	Lap		Rec Swim/ Open
11:30 - 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

*Begining 1/19

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

*Begining 1/20
Special Olympics will be using (3) lanes from 7-8 PM

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

Wading Pool Reserved for ECC
9:30am-12 pm

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 Hiit		Rec Swim/ Open
1:00 - 2:00pm	Lap	Swim Lab		Rec Swim/ Open
2:00 - 2:45pm		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 - 1:30pm		Swim Lessons	Lap	Rec Swim/ Open
1:30 - 2:00pm		Lap	Open Family Swim	
2:00 - 5:30pm		Lap		Rec Swim/ Open

Special Notes

January 1

Holiday Hours

January 3

Staff Training (2 Lanes)
1-3 PM

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