

# Indoor Lap Pool Schedule



Free to Members **Jan 6 - March 2, 2025**  
*\*pool schedule subject to change as needed*

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY                                       | SUNDAY   |
|---|--|--|--|---|--|--|
| <i>Pool Hours</i><br>5AM-9:45PM   | <i>Pool Hours</i><br>5AM-9:45PM  | <i>Pool Hours</i><br>5AM-9:45PM  | <i>Pool Hours</i><br>5AM-9:45PM  | <i>Pool Hours</i><br>5AM-7:45PM                                     | <i>Pool Hours</i><br>7AM-6:45PM                | <i>Pool Hours</i><br>7AM-6:45PM  |
| 5AM-8AM   | 5AM-8AM  | 5AM-8AM  | 5AM-8AM  | 5AM-9AM   | 7AM-9AM  | 7AM-9AM  |
| <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i>  | <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i>   | <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i>   | <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i>   | <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i>                      | <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i> | <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i>   |
| 8AM-9:55AM  | 8AM-10:50AM  | 8AM-9:55AM   | 8AM-10:50AM  | 9AM-9:55AM  | 9AM-9:50AM                                     | 9AM-9:50AM   |
| <i>Lap Swim (3)</i><br><i>Aqua Fitness (3)</i>  | <i>Lap Swim (3)</i><br><i>Aqua Fitness (3)</i>   | <i>Lap Swim (3)</i><br><i>Aqua Fitness (3)</i>   | <i>Lap Swim (3)</i><br><i>Aqua Fitness (3)</i>   | <i>Lap Swim (3)</i><br><i>Aqua Fitness (3)</i>                      | <i>Lap Swim (3)</i><br><i>Aqua Fitness (3)</i> | <sup>h (1)</sup><br><i>Lap Swim (2)</i><br><i>Aqua Fitness (3)</i>   |
| 9:55AM-11AM   | 11AM-3PM   | 9:55AM-11AM  | 11AM-3PM   | 9:55AM-11AM   | 10AM-12PM                                      | 10AM-12PM  |
| <i>Aqua Fitness</i><br><i>(All Lanes)</i>   | <i>Therapy &amp;</i><br><i>Open Swim (2)</i><br><i>Lap Swim (4)</i>  | <i>Aqua Fitness</i><br><i>(All Lanes)</i>  | <i>Therapy &amp;</i><br><i>Open Swim (2)</i><br><i>Lap Swim (4)</i>                          | <i>Aqua Fitness</i><br><i>(All Lanes)</i>                           | <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i> | <i>J Splash (2)</i><br><i>Open Swim (1)</i><br><i>Lap Swim (3)</i>   |
| 11AM-4PM  | 3PM-4PM  | 11AM-3PM   | 3PM-4PM  | 11AM-3PM  | 12PM-6:45PM                                    | 12PM-3:15PM  |
| <i>Therapy &amp;</i><br><i>Open Swim (2)</i><br><i>Lap Swim (4)</i>   | <i>Therapy &amp;</i><br><i>Open Swim (2)</i><br><i>Lap Swim (1)</i><br><i>SwimTeam R (3)</i>   | <i>Therapy &amp;</i><br><i>Open Swim (2)</i><br><i>Lap Swim (4)</i>                          | <i>Therapy &amp;</i><br><i>Open Swim (2)</i><br><i>Lap Swim (1)</i><br><i>SwimTeam R (3)</i> | <i>Therapy &amp;</i><br><i>Open Swim (2)</i><br><i>Lap Swim (4)</i> | <i>Open Swim(2)</i><br><i>Lap Swim (4)</i>     | <i>Open Swim(2)</i><br><i>Lap Swim (4)</i>   |
| 4PM-5:15PM  | 4PM-7PM  | 3PM-4PM  | 4PM-5:15PM   | 3PM-5PM   |  | 3:15PM-4:45PM  |
| <i>J Splash (1)</i><br><i>Lap Swim (1)</i><br><i>SwimTeam (4)</i>   | <i>J Splash (1)</i><br><i>Lap Swim (1)</i><br><i>SwimTeam (4)</i>  | <i>Therapy &amp;</i><br><i>Open Swim (2)</i><br><i>Lap Swim (1)</i><br><i>SwimTeam R (3)</i> | <i>J Splash (1)</i><br><i>Lap Swim (1)</i><br><i>SwimTeam (4)</i>                            | <i>J Splash (1)</i><br><i>Lap Swim (2)</i><br><i>SwimTeam R(3)</i>  |  | <i>Open Swim (1)</i><br><i>Lap Swim (1)</i><br><i>SwimTeam (4)</i>   |
| 5:15PM-6:15PM   | 7PM-7:45PM   | 4PM-5PM  | 5:15PM-6:15PM  | 5PM-7PM   |  | 4:45PM-5:45PM  |
| <i>J Splash (1)</i><br><i>SwimTeam (5)</i>  | <i>Lap Swim (4)</i><br><i>AHAD SwimTeam (2)</i>  | <i>J Splash (1)</i><br><i>Lap Swim (2)</i><br><i>SwimTeam R(3)</i>                           | <i>J Splash (1)</i><br><i>SwimTeam (5)</i>   | <i>J Splash (2)</i><br><i>Lap Swim (4)</i>                          |  | <i>J Splash (1)</i><br><i>SwimTeam (5)</i>   |
| 6:15PM-7:30PM   | 7:45PM-9:45PM  | 5PM-6PM  | 6:15PM-7:15PM  | 7PM-7:45PM  |  | 5:45PM-6:45PM  |
| <i>J Splash (1)</i><br><i>Lap Swim (1)</i><br><i>SwimTeam (4)</i>   | <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i>   | <i>J Splash (1)</i><br><i>SwimTeam (5)</i>   | <i>J Splash (1)</i><br><i>Lap Swim (1)</i><br><i>SwimTeam (4)</i>                            | <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i>                      |  | <i>Open Swim (1)</i><br><i>Lap Swim (1)</i><br><i>SwimTeam (4)</i>   |
| 7:30PM - 8:30PM   |  | 6PM-7PM  | 7:15PM-8:15PM  |   |  |  |
| <i>J Splash (1)</i><br><i>Lap Swim (3)</i><br><i>Master SwimTeam (2)</i>  |  | <i>J Splash (1)</i><br><i>Lap Swim (1)</i><br><i>SwimTeam (4)</i>                            | <i>Lap Swim (4)</i><br><i>AHAD SwimTeam (2)</i>  |   |  |  |
| 8:30PM-9:45PM   |  | 7PM-9:45PM   | 8:15PM-9:45PM  |   |  |  |
| <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i>  |  | <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i>   | <i>Jogging Lane (1)</i><br><i>Lap Swim (5)</i>   |   |  |  |
| (#) = the number in parentheses notes the number of lanes available<br><br>**Lane availability subject to change at F&W discretion. | <b>KATZ Jewish Community Center</b><br>1301 Springdale Rd<br>Cherry Hill, NJ 08003<br><a href="http://www.katzjcc.org">www.katzjcc.org</a> |  |  |   |  | During times when no activity is listed on the schedule, the pool is closed.<br><br>Members must be off the pool deck, but may remain in the locker rooms. |