

# Indoor Lap Pool Schedule



Free to Members Feb 23 - March 22, 2026  
 \*pool schedule subject to change as needed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Pool Hours</i> 5AM-9:45PM	<i>Pool Hours</i> 5AM-9:45PM	<i>Pool Hours</i> 5AM-9:45PM	<i>Pool Hours</i> 5AM-9:45PM	<i>Pool Hours</i> 5AM-7:45PM	<i>Pool Hours</i> 7AM-6:45PM	<i>Pool Hours</i> 7AM-6:45PM
5AM-8AM	5AM-8AM	5AM-8AM	5AM-8AM	5AM-9AM	7AM-9AM	7AM-9AM
<i>Open/Jogging Lane (1)</i> <i>Lap Swim (5)</i>	<i>Open/Jogging Lane (1)</i> <i>Lap Swim (5)</i>	<i>Open/Jogging Lane (1)</i> <i>Lap Swim (5)</i>	<i>Open/Jogging Lane (1)</i> <i>Lap Swim (5)</i>	<i>Open/Jogging Lane (1)</i> <i>Lap Swim (5)</i>	<i>Open/Jogging Lane (1)</i> <i>Lap Swim (5)</i>	<i>Open/Jogging Lane (1)</i> <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> <i>Aqua Fitness (3)</i>	<i>Lap Swim (3)</i> <i>Aqua Fitness (3)</i>	<i>Lap Swim (3)</i> <i>Aqua Fitness (3)</i>	<i>Lap Swim (3)</i> <i>Aqua Fitness (3)</i>	<i>Lap Swim (3)</i> <i>Aqua Fitness (3)</i>	<i>Lap Swim (3)</i> <i>Aqua Fitness (3)</i>	<i>J Splash Swim (2)</i> <i>Lap Swim (1)</i> <i>Aqua Fitness (3)</i>
9:55AM-11AM	11AM-4PM	9:55AM-11AM	11AM-4PM	9:55AM-11AM	10AM-12PM	9:50AM-12PM
<i>Aqua Fitness</i> <i>(All Lanes)</i>	<i>Therapy &amp;</i> <i>Open Swim (2)</i> <i>Lap Swim (4)</i>	<i>Aqua Fitness</i> <i>(All Lanes)</i>	<i>Therapy &amp;</i> <i>Open Swim (2)</i> <i>Lap Swim (4)</i>	<i>Aqua Fitness</i> <i>(All Lanes)</i>	<i>Open/Jogging Lane (1)</i> <i>Lap Swim (5)</i>	<i>Lap Swim (4)</i> <i>J Splash Swim (2)</i>
11AM-4PM	4PM-7:15PM	11AM-4PM	4PM-6:15PM	11AM-4PM	12PM-6:45PM	12PM-3PM
<i>Therapy &amp; Aqua</i> <i>Fitness/Open Swim(2)</i> <i>Lap Swim (4)</i>	<i>Lap Lane (1)</i> <i>J Splash Swim (1)</i> <i>Swim Team (4)</i>	<i>Therapy &amp;</i> <i>Open Swim (2)</i> <i>Lap Swim (4)</i>	<i>Lap Lane (1)</i> <i>J Splash Swim (1)</i> <i>Swim Team (4)</i>	<i>Therapy &amp; Aqua</i> <i>Fitness/Open Swim(2)</i> <i>Lap Swim (4)</i>	<i>Open Swim(2)</i> <i>Lap Swim (4)</i>	<i>Open Swim(2)</i> <i>Lap Swim (4)</i>
4PM-7:15PM	7:15PM-8:30PM	4PM-6:15PM	6:15PM-7:15PM	4PM-7PM		3PM-5:45PM
<i>Lap Lane (1)</i> <i>J Splash Swim (1)</i> <i>Swim Team (4)</i>	<i>Open Swim (1)</i> <i>Lane (3)</i> <i>Sandbar Swim Team (2)</i>	<i>Lap Lane (1)</i> <i>J Splash Swim (1)</i> <i>Swim Team (4)</i>	<i>Lap Pool Close</i> <i>J Splash Swim (1)</i> <i>Swim Team (5)</i>	<i>Open Swim (1)</i> <i>Lap Lane (3)</i> <i>J Splash Swim (2)</i>		<i>Open Swim (1)</i> <i>Lap Lane (1)</i> <i>Swim Team (4)</i>
7:15PM-8:30PM	8:30PM-9:45PM	6:15PM-7:15PM	7:15PM-8:30PM	7PM-7:45PM		5:45PM-6:45PM
<i>Lap Pool Close</i> <i>J Splash Swim (1)</i> <i>Swim Team (5)</i>	<i>Open/Jogging Lane (1)</i> <i>Lap Swim (5)</i>	<i>Lap Pool Close</i> <i>J Splash Swim (1)</i> <i>Swim Team (5)</i>	<i>Open Swim (1)</i> <i>Lap Lane (3)</i> <i>Sandbar Swim Team (2)</i>	<i>Open/Jogging Lane (1)</i> <i>Lap Swim (5)</i>		<i>Lap Lane (1)</i> <i>Swim Team (5)</i>
7:15PM-8:30PM		7:15PM-9:45PM	8:30PM-9:45PM			
<i>Open Swim (1)</i> <i>Lap Lane (2)</i> <i>Master Swim Team (3)</i>		<i>Open/Jogging Lane (1)</i> <i>Lap Swim (5)</i>	<i>Open/Jogging Lane (1)</i> <i>Lap Swim (5)</i>			
8:30PM-9:45PM						
<i>Open/Jogging Lane (1)</i> <i>Lap Swim (5)</i>						

(#) = the number in parentheses notes the number of lanes available

\*\*Lane availability subject to change at F&W discretion.

**KATZ Jewish Community Center**  
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During times when no activity is listed on the schedule, the pool is closed.

Members must be off the pool deck, but may remain in the locker rooms.