

Indoor Lap Pool Schedule



Free to Members **February 23 - May 24, 2026**

**pool schedule subject to change as needed*

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