

JCC Fall Pool Schedule 2026

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday			
7:00	7-9:45 Lap Swim (6 Lanes)			7-9:45 Lap Swim (6 Lanes)			7-9:45 Lap Swim (6 Lanes)			7-9:45 Lap Swim (6 Lanes)			7-9:45 Lap Swim (6 Lanes)			Facility Closed		Facility Closed			
7:30																					
8:00																					
8:30																					
9:00																					
9:30																					
10:00	10-11 Tread	10-11:45	10-11:45		10-11:45	10-11:45	10-11 Tread	10-11:45	10-11:45	10-11:45	10-11:45	10-11:45	9:45-11:30 Lesson	10-11:30 Lessons Swim Team	10-11:15 Diving	9:30-11 2 Lap Lanes	9:30-12:15				
10:30			10:30-11:30 WF	2 Lap Lanes	Lessons													4 Lap Lanes	10:30-11:30 WF	2 Lap Lanes	Lessons
11:00		2 Lap Lanes	Lessons		2 Lap Lanes	Lessons		4 Lap Lanes		2 Lap Lanes	Lessons		10:30-11:30 WF	2 Lap Lanes			Swim Team				
11:30																					
12:00	12-1 Facility Closed *			12-1 Facility Closed			12-1 Facility Closed			12-1 Facility Closed			12-1 Facility Closed*					11-4:45	12:15-4:45		
12:30																					
1:00	1-2:30 Lap Swim (4)		UNCA Diving	1-2:30 Lap Swim (4)		UNCA Diving	1-2:30 Lap Swim (4)		UNCA Diving	1-2:30 Lap Swim (4)		UNCA Diving	1-2:30 Lap Swim (4)		UNC Diving	12:30-4:45 Rec Swim	12:30-4:45 Lap Lane (1)	11-4:45 Rec Swim	12:15-4:45 Lap Swim (2)		
1:30																					
2:00																					
2:30																					
3:00	3-7 Lessons Swim Team			3-7 Lessons Swim Team			2:30-4 Rec Swim		3:30-4:30	3-7 Lessons Swim Team			2:30-5:45 Rec Swim		2:30-4 2 Lap Lanes	5:00 Facility Closed	5:00 Facility Closed				
3:30																					
4:00																					
4:30																					
5:00																					
5:30																					
6:00																					
6:30																					
7:00	6:45-7:45 HS Swim		7-7:45 4 Lap Lanes	6:45-7:45 HS Swim		7-7:45 4 Lap Lanes	6:45-7:45 HS Swim		7-7:45 4 Lap Lanes	6:45-7:45 HS Swim		7-7:45 4 Lap Lanes	6:00 Facility Closed		5:00 Facility Closed	5:00 Facility Closed					
7:30																					
8:00	8:00 Facility Closed			8:00 Facility Closed			8:00 Facility Closed			8:00 Facility Closed											

*We look forward to expanding our Monday & Friday lunch-time lap swimming once we have filled our full-time opener lifeguard positions.