

JCC Fall Pool Schedule 2026

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

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