

main pool schedule



Free to Members
September 17 - 23, 2023

Pool schedule subject to change as needed.

SUNDAY

POOL HOURS:
8:00 am - 5:45 pm

8:00 - 10:00 am
Laps (6)

10:15 am - 12:00 pm
Laps (4). Open (2)

12:15 pm - 2:00 pm
Laps (6)

2:15 - 4:00 pm
Laps (4). Open (2)

4:15 pm - 5:45 pm
Laps (6)

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

* Indicates that there
is a fee to participate.

MONDAY

POOL HOURS:
6:00 am - 8:45 pm

6:00 - 9:00 am
Laps (6)

9:00 - 10:00 am
Laps (2). **Aquarobics (3)**

10:15 am - 12:00 pm
Laps (4). Open (2)

12:15 - 1:00 pm
Laps (2). **Aqua HIIT (3)**

1:00 - 2:00 pm
Laps (6)

2:15 - 3:45 pm
Laps (4). Open (2)

4:00 - 5:15 pm
Laps (4). Lessons (2)

5:15 - 6:45 pm
Laps (4). Open (2)

7:00 - 8:00 pm
Laps (2). Masters (4)

8:00 - 8:45 pm
Laps (6)

TUESDAY

POOL HOURS:
6:00 am - 8:45 pm

6:00 - 9:00 am
Laps (6)

9:00 - 10:00 am
Laps (2). **Aquapower (3)**

10:15 am - 12:00 pm
Laps (4). Open (2)

12:15 - 1:15 pm
Laps (2). Masters* (4)

1:15 - 2:00 pm
Laps (6)

2:15 - 3:45 pm
Laps (4). Open (2).

4:00 - 5:15 pm
Laps (4). Lessons (2)

5:15 - 6:45 pm
Laps (3). Rental (3)

7:00 - 8:00 pm
Laps (2). Rental (4)

8:00 - 8:45 pm
Laps (4). Open (2)

WEDNESDAY

POOL HOURS:
6:00 am - 8:45 pm

6:00 - 9:00 am
Laps (6)

9:00 - 10:00 am
Laps (2). **Aquarobics (3)**

10:15 am - 12:00 pm
Laps (4). Open (2)

12:15 - 1:00 pm
Laps (2). **Aqua HIIT (3)**

1:00 - 2:00 pm
Laps (6)

2:15 - 3:45 pm
Laps (4). Open (2).

4:00 - 5:15 pm
Laps (4). Lessons (2)

5:15 - 6:45 pm
Laps (3). Rental (3)

7:00 - 8:00 pm
Laps (2). Masters (4)

8:00 - 8:45 pm
Laps (6)

THURSDAY

POOL HOURS:
6:00 am - 8:45 pm

6:00 - 9:00 am
Laps (6)

9:00 - 10:00 am
Laps (2). **Aquapower (3)**

10:15 am - 12:00 pm
Laps (4). Open (2)

12:15 - 1:15 pm
Laps (2). Masters* (4)

1:15 - 2:00 pm
Laps (6)

2:15 - 3:45 pm
Laps (4). Open (2).

4:00 - 5:15 pm
Laps (4). Lessons (2)

5:15 - 6:45 pm
Laps (3). Rental (3)

7:00 - 8:00 pm
Laps (2). Rental (4)

8:00 - 8:45 pm
Laps (4). Open (2)

FRIDAY

POOL HOURS:
6:00 am - 8:45 pm

6:00 - 9:00 am
Laps (6)

9:00 - 10:00 am
Laps (2). **Aquarobics (3)**

10:15 am - 12:00 pm
Laps (4). Open (2)

12:15 - 1:00 pm
Laps (2). **Aqua HIIT (3)**

1:00 - 2:00 pm
Laps (6)

2:15 - 4:00 pm
Laps (4). Open (2)

4:15 - 5:30 pm
Laps (4). Open (2)

5:30 - 6:45 pm
Laps (3). Rental (3)

7:00 - 8:00 pm
Laps (4). Open (2)

8:00 - 8:45 pm
Laps (6)

SATURDAY

POOL HOURS:
8:00 am - 5:45 pm

8:00 - 9:00 am
Laps (6).

9:00 - 10:00 am
Laps (4). Lessons (2)

10:15 am - 12:00 pm
Laps (4). Lessons (2)

12:15 - 2:00 pm
Laps (6)

2:15 - 4:00 pm
Laps (4). Open (2)

4:15 - 5:45 pm
Laps (6)

Children age 12 &
under must pass our
swim test or wear
a lifejacket to
participate in open
swim. Please visit:
oregonjcc.org/poolrules
for our full
supervision policy
and pool rules.