main pool schedule

Nov. 1 - 7, 2026
Pool schedule subject to change.

SUNDAY

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

8:00 - 9:00 am
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

9:00 - 3:00 pm
Laps (6)
All Ages Guard on Duty

3:00 - 5:45 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

MONDAY

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

6:00 - 9:00 am
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

9:00 - 10:00 am
Laps (2) Aquarobics (4)

10:00 - 12:15 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

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

1:00 - 4:45 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

4:45 - 5:15 pm
Laps (1) Stingrays* (5)

5:15 - 5:30 pm
Stingrays* (6)

5:30 - 6:45 pm
Lessons* (1) Stingrays* (5)

6:45 - 7:00 pm
Laps (6)
All Ages Guard on Duty

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

8:00 - 8:45 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

TUESDAY

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

6:00 - 9:00 am
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

9:00 - 10:00 am
Laps (2) Aquapower (4)

10:00 - 12:15 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

12:15 - 1:15 pm
Laps (1) Masters (5)

1:15 - 4:45 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

4:45 - 6:45 pm
Laps (1) Stingrays* (5)

6:45 - 7:00 pm
Laps (6)
All Ages Guard on Duty

7:00 - 8:00 pm
Laps (1) Rentals (5)

8:00 - 8:45 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

WEDNESDAY

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

6:00 - 9:00 am
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

9:00 - 10:00 am
Laps (2) Aquarobics (4)

10:00 - 12:15 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

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

1:00 - 4:45 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

4:45 - 5:15 pm
Laps (1) Stingrays* (5)

5:15 - 5:30 pm
Stingrays* (6)

5:30 - 6:45 pm
Lessons* (1) Stingrays* (5)

6:45 - 7:00 pm
Laps (6)
All Ages Guard on Duty

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

8:00 - 8:45 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

THURSDAY

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

6:00 - 9:00 am
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

9:00 - 10:00 am
Laps (2) Aquapower (4)

10:00 - 12:15 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

12:15 - 1:15 pm
Laps (1) Masters (5)

1:15 - 4:45 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

4:45 - 6:45 pm
Laps (1) Stingrays* (5)

6:45 - 7:00 pm
Laps (6)
All Ages Guard on Duty

7:00 - 8:00 pm
Laps (1) Rentals (5)

8:00 - 8:45 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

FRIDAY

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

6:00 - 9:00 am
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

9:00 - 10:00 am
Laps (2) Aquarobics (4)

10:00 - 12:15 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

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

1:00 - 4:00 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

4:00 - 4:30 pm
Laps (6)
All Ages Guard on Duty

4:30 - 5:00 pm
Laps (4) Stingrays* (2)

5:00 - 5:30 pm
Laps (2) Rentals (2)
Stingrays8 (2)

5:30 - 6:30 pm
Laps (1) Rentals (3)
Stingrays8 (2)

6:30 - 6:45 pm
Laps (3) Rentals (3)

SATURDAY

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

8:00 - 10:50 am
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

10:50 - 12:30 pm
Laps (5) Lessons* (1)

12:30 - 5:45 pm
Laps (6)
Adult 18 and Over
Swim at Your Own Risk

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

** Indicates that there is a fee to participate.*

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.

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