



2026 May Indoor Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6AM			Lap (3) Open (2)			Lap (3) Open (2)	
7AM		Lap Swim (3) Open Swim (2) 6:00AM-9:00AM	Masters (2) Lap Swim (3) 6:15AM-7:30AM	Lap Swim (3) Open Swim (2) 6:00AM-9:00AM	Lap Swim (3) Open Swim (2) 6:00AM-9:00AM	Masters (2) Lap Swim (3) 6:15AM-7:30AM	
8AM	Lap (3) Open (2) 8:00AM-8:30AM		Lap Swim (3) Open Swim (2) 7:30AM-9:00AM			Lap Swim (3) Open Swim (2) 7:30AM-9:00AM	Lap (3) Open (2) 8:00AM-8:30AM
9AM	Aqua Rock & Roll (3) Lap Swim (2) 8:30AM-9:30AM	Aqua Zumba (3) Lap Swim (2) 9:00AM-10:00AM	Aqua Deep (4) Lap Swim (1) 9:00AM-10:00AM	Aqua Deep (3) Lap Swim (2) 9:00AM-10:00AM	Aqua Zumba (4) Lap Swim (1) 9:00AM-10:00AM	Weights & Water (3) Lap Swim (2) 9:00AM-10:00AM	Water Aerobics (4) Lap Swim (1) 8:30AM-9:30AM
10AM	Lap (3) Open (2) 9:30AM-10:00AM		Senior Aerobics (5) 10:00AM-11:00AM		Senior Aerobics (5) 10:00AM-11:00AM	Lap (3) Open (2)	Lap Swim (3) Open Swim (2) 9:30AM-11:00AM
11AM	Group Lessons (2) Lifeguard Class (1) Lap Swim (2) 10:00AM-12:00PM		Sr. Deep (2) Lap (3) 11:00AM-11:30AM		Sr. Deep (2) Lap (3) 11:00AM-11:30AM	5/22 only: School's Out (2) Lap Swim (3) 10:15AM-11:15AM	Group Lessons (2) Lap Swim (3) 11:00AM-12:00PM
12PM	Lap (3) Open (2) 12:00PM-12:30PM	Lap Swim (3) Open Swim (2) 10:00AM-2:00PM	Homeschool (2) Lap Swim (3) 11:30AM-1:00PM	Lap Swim (3) Open Swim (2) 10:00AM-2:00PM			Lap (3) Open (2) 12:00PM-12:30PM
1PM	Group Lessons (2) Lifeguard Class (1) Lap Swim (2) 12:30PM-2:45PM					Lap Swim (3) Open Swim (2) 11:15AM-3:00PM	Lessons (2) Lap (3) 12:30PM-1:00PM
2PM		ECC Classes (2) Lap Swim (3) 2:00PM-3:30PM	Lap Swim (3) Open Swim (2) 1:00PM-3:00PM	ECC Classes (2) Lap Swim (3) 2:00PM-3:30PM	Lap Swim (3) Open Swim (2) 11:30AM-5:00PM		
3PM			ECC Classes (2) Lap Swim (3) 3:00PM-4:00PM	Group Lessons (2) Lap Swim (3) 3:30PM-4:30PM		ECC Classes (2) Lap Swim (3) 3:00PM-4:00PM	Lap Swim (3) Open Swim (2) 1:00PM-5:45PM
4PM	Lap Swim (3) Open Swim (2) 2:45PM-5:45PM	Lap Swim (3) Open Swim (2) 3:30PM-5:00PM		Lap Swim (3) Open Swim (2) 4:30PM-5:30PM		Lap (3) Open (2) 4:00PM-4:30PM	
5PM		Swim Team (3) Lap Swim (2) 5:00PM-6:00PM			Swim Team (3) Lap Swim (2) 5:00PM-6:00PM	KidsPlace (2) Lap Swim (3) 4:30PM-5:30PM	
6PM			Lap Swim (3) Open Swim (2) 4:00PM-9:15PM	Swim Team (2) Lap Swim (3) 5:30PM-8:00PM	Swim Team (4) Lap Swim (1) 6:00PM-7:00PM	Lap (3) Open (2)	
7PM	Lifeguard Staff Training: Sunday 5/17 1:00pm-4:00pm, 2 lanes						
8PM		Lap Swim (3) Open Swim (2) 7:00PM-9:15PM		Lap Swim (3) Open Swim (2) 8:00PM-9:15PM	Lap Swim (3) Open Swim (2) 7:00PM-9:15PM		
9PM							

May 4 - May 22, 2026
To receive pool schedule updates fill out this form:
siegeljcc.org/forms/aquatics-updates

Private Lessons are held at various times throughout the week. Please share pool space with them as you would with any other swimmer. Schedule is subject to change. Every effort will be made to inform members of changes.

Thick borders indicate all 5 lanes are in use for programming.

Please direct all pool-related questions and comments to:
 Steph Kegelman, Sports & Wellness Director
 302-478-5660 x 401; stephkegelman@siegeljcc.org