2026 November Indoor Pool Schedule

SIEGEL JCC DELAWARE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6AM		Lap (3) Open (2)	Lap Swim (3) Open Swim (2) 6:00AM-9:00AM	Lap Swim (3) Open Swim (2) 6:00AM-9:00AM	Lap Swim (3) Open Swim (2) 6:00AM-9:00AM	Lap (3) Open (2)	
7AM		Masters (2) Lap Swim (3) 6:15AM-7:30AM				Masters (2) Lap Swim (3) 6:15AM-7:30AM	
8AM		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	Lap Swim (3) Open Swim (2) 8:00AM-10:30AM	Aqua Zumba (3) Lap Swim (2) 9:00AM-10:00AM	Aqua Deep (4) Lap Swim (1) 9:00AM-10:00AM	Aqua Zumba (3) Lap Swim (2) 9:00AM-10:00AM	Aqua Strength (4) Lap Swim (1) 9:00AM-10:00AM	Aqua Rock & Roll (3) Lap Swim (2) 9:00AM-10:00AM	Water Aerobics (4) Lap Swim (1) 8:30AM-9:30AM
10AM		Lap (3) Open (2)	Senior Aerobics (5) 10:00AM-11:00AM	Nativity Prep (2) Lap Swim (3) 10:00AM-12:00PM	Senior Aerobics (5) 10:00AM-11:00AM		
11AM	Group Lessons (2) Lap Swim (3) 10:30AM-12:00PM	*11/2, 11/23 only:* School's Out (2) Lap Swim (3) 10:15AM-11:15AM	Sr. Deep (3) Lap (2) 11:00AM-11:30AM		Sr. Deep (3) Lap (2) 11:00AM-11:30AM		
12PM	Lap (3) Open (2) 12:00PM-12:30PM		Homeschool (2) Lap Swim (3) 11:30AM-1:00PM		Lap Swim (3) Open Swim (2) 11:30AM-2:00PM		
1PM	Group Lessons (2) Lap Swim (3) 12:30PM-2:15PM	Lap Swim (3) Open Swim (2) 11:15AM-5:00PM	Lap (3) Open (2) 1:00PM-1:30PM *11/3, 11/24 only:* SOD (2) Lap (3)			Lap Swim (3) Open Swim (2) 10:00AM-4:30PM	Lap Swim (3) Open Swim (2) 9:30AM-5:45PM
2PM			ECC Classes (2) Lap Swim (3) 2:00PM-3:30PM	Lap Swim (3) Open Swim (2) 12:00PM-5:00PM	ECC Classes (2) Lap Swim (3) 2:00PM-3:30PM		
3PM							
4PM	Lap Swim (3) Open Swim (2) 2:15PM-5:45PM		Lap Swim (3) Open Swim (2) 3:30PM-5:00PM		Einstein (2) Lap Swim (3) 3:30PM-4:15PM Lap Swim (3) Open Swim (2) 4:15PM-5:00PM		
5PM		Swim Team (4) Lap Swim (1) 5:00PM-7:00PM	Swim Team (4) Lap Swim (1) 5:00PM-7:00PM	Swim Team (4) Lap Swim (1) 5:00PM-7:00PM	Swim Team (4) Lap Swim (1) 5:00PM-7:00PM	KidsPlace (2) Lap Swim (3) 4:30PM-5:30PM Lap (3) Open (2)	
6PM							
7PM	***The pool will close at 1:30pm on Sunday, November 22nd for a home swim meet. Go Sharks!***	Swim Team (3) Lap Swim (2) 7:00PM-8:30PM	Lap Swim (3) Open Swim (2) 7:00PM-9:15PM	Swim Team (3) Lap Swim (2) 7:00PM-8:30PM	Swim Team (3) Lap Swim (2) 7:00PM-8:30PM		
8PM							
9PM		Lap Swim (3) Open Swim (2) 8:30PM-9:15PM		Lap Swim (3) Open Swim (2) 8:30PM-9:15PM	Lap Swim (3) Open Swim (2) 8:30PM-9:15PM		

October 31 - November 24, 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, Director of Health & Wellness
302-478-5660 x 401; stephkegelman@siegeljcc.org