



2026 September 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 Zumba (3) Lap Swim (2) 9:00AM-10:00AM	Aqua Strength (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			Senior Aerobics (5) 10:00AM-11:00AM	Lap (3) Open (2)	Senior Aerobics (5) 10:00AM-11:00AM	Lap (3) Open (2)	
11AM			Sr. Deep (2) Lap (3) 11:00AM-11:30AM	8/26 only: School's Out (2) Lap Swim (3) 10:15AM-11:15AM	Sr. Deep (2) Lap (3) 11:00AM-11:30AM	8/28, 9/4, 9/11 only: School's Out (2) Lap Swim (3) 10:15AM-11:15AM	
12PM			Lap Swim (3) Open Swim (2) 11:30AM-1:30PM		Lap Swim (3) Open Swim (2) 11:30AM-1:30PM		
1PM	Lap Swim (3) Open Swim (2) 9:30AM-5:45PM	Lap Swim (3) Open Swim (2) 10:00AM-4:30PM	9/15 only: School's Out (2) Lap Swim (3) 1:30PM-2:30PM		8/27 only: School's Out (2) Lap Swim (3) 1:30PM-2:30PM	Lap Swim (3) Open Swim (2) 11:15AM-4:30PM	Lap Swim (3) Open Swim (2) 9:30AM-5:45PM
2PM							
3PM			Lap Swim (3) Open Swim (2) 2:30PM-4:15PM				
4PM			Padua XC* (3) Lap Swim (2) 4:15PM-5:00PM	Lap Swim (3) Open Swim (2) 11:15AM-9:15PM		KidsPlace (2) Lap Swim (3) 4:30PM-5:30PM	
5PM		8/24, 8/31 only: Group Lessons (2) Lap Swim (3) 4:30PM-6:30PM	8/25, 9/1 only: Group Lessons (2) Lap Swim (3) 5:00PM-6:30PM		Lap Swim (3) Open Swim (2) 2:30PM-9:15PM	Lap (3) Open (2)	
6PM			Lap Swim (3) Open Swim (2) 6:30PM-7:15PM				
7PM	*Padua XC dates: 8/25 (7:15-7:45PM) 9/8, 9/15, 9/22 (4:15-5:00PM)	Lap Swim (3) Open Swim (2) 6:30PM-9:15PM	Padua XC* (3) Lap (2) 7:15PM-7:45PM				
8PM	Check our website for holiday closures: siegeljcc.org		Lap Swim (3) Open Swim (2) 7:45PM-9:15PM				
9PM							

August 21 - October 2, 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