



2026 Summer I 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)		Lap (3) Open (2)		Lap (3) Open (2)	
11AM		6/8 only: School's Out (2) Lap Swim (3) 10:15AM-11:15AM	Senior Aerobics (5) 10:00AM-11:00AM	6/10 only: School's Out (2) Lap Swim (3) 10:15AM-11:15AM	Senior Aerobics (5) 10:00AM-11:00AM	6/5, 6/12 only: School's Out (2) Lap Swim (3) 10:15AM-11:15AM	
12PM			Sr. Deep (2) Lap (3) 11:00AM-11:30AM		Sr. Deep (2) Lap (3) 11:00AM-11:30AM		
1PM			Lap Swim (3) Open Swim (2) 11:30AM-1:30PM		Lap Swim (3) Open Swim (2) 11:30AM-1:30PM		
2PM	Lap Swim (3) Open Swim (2) 9:30AM-5:45PM	Lap Swim (3) Open Swim (2) 11:15AM-5:00PM	6/9 only: School's Out (2) Lap Swim (3) 1:30PM-2:30PM	Lap Swim (3) Open Swim (2) 11:15AM-5:00PM	6/4, 6/11 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
3PM			Lap Swim (3) Open Swim (2) 2:30PM-5:00PM		Lap Swim (3) Open Swim (2) 2:30PM-5:00PM		
4PM							
5PM		Swim Team (3) Lap Swim (2) 5:00PM-6:00PM	Swim Team (3) Lap Swim (2) 5:00PM-6:00PM	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 (3) Open (2)	
7PM	Swim Team using 4 lanes indoors:						
8PM	Monday, 6/1, 5-8pm Wednesday, 6/10, 5-8pm	Lap Swim (3) Open Swim (2) 6:00PM-9:15PM	Lap Swim (3) Open Swim (2) 6:00PM-9:15PM	Lap Swim (3) Open Swim (2) 6:00PM-9:15PM	Lap Swim (3) Open Swim (2) 6:00PM-9:15PM		
9PM							

May 23 - June 12, 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