



Northside Hospital Family Aquatic Center

# MONDAY INDOOR POOL SCHEDULE

OCTOBER 2023

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 AM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming		
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM	Swim Lessons	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM		AquaFit	AquaFit	AquaFit		
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming			
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM		Swim Team Practice	Swim Team Practice			
5:00 PM				Swim Team Practice	Swim Team Practice	Swim Team Practice
5:30 PM						
6:00 PM		Open Lap Swimming	Open Lap Swimming	Swim Team Practice	Swim Team Practice	Swim Team Practice
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM	Open Lap Swimming		North Springs Swim Team	North Springs Swim Team	North Springs Swim Team	North Springs Swim Team
8:30 PM						
9:00 PM	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed
9:30 PM						





Northside Hospital Family Aquatic Center

# WEDNESDAY INDOOR POOL SCHEDULE

OCTOBER 2023

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming			
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	AquaFit	AquaFit	AquaFit	AquaFit			
9:30 AM							
10:00 AM	Swim Lessons						
10:30 AM							
11:00 AM					Open Lap Swimming	Open Lap Swimming	
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM			Open Lap Swimming	Open Lap Swimming	Open Lap Swimming		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM		Swim Team Practice	Swim Team Practice				
5:30 PM							
6:00 PM				Swim Team Practice	Swim Team Practice	Swim Team Practice	
6:30 PM							
7:00 PM			Open Lap Swimming				
7:30 PM		Open Lap Swimming					
8:00 PM	Open Lap Swimming		North Springs Swim Team	North Springs Swim Team	North Springs Swim Team	North Springs Swim Team	
8:30 PM							
9:00 PM	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	
9:30 PM							





Northside Hospital Family Aquatic Center

# FRIDAY INDOOR POOL SCHEDULE

OCTOBER 2023

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6			
5:30 AM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming			
6:00 AM									
6:30 AM									
7:00 AM									
7:30 AM									
8:00 AM									
8:30 AM									
9:00 AM							Swim Lessons	AquaFit	AquaFit
9:30 AM									
10:00 AM	Silver Sneakers Splash	Silver Sneakers Splash	Silver Sneakers Splash						
10:30 AM									
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM									
1:30 PM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming			
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM							Swim Team Practice	Swim Team Practice	Swim Team Practice
4:30 PM									
5:00 PM									
5:30 PM	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed			
6:00 PM									
6:30 PM									
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									



Northside Hospital Family Aquatic Center  
**SATURDAY INDOOR POOL SCHEDULE**  
 OCTOBER 2023

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
5:30 AM							
6:00 AM							
6:30 AM	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	
7:00 AM							
7:30 AM							
8:00 AM	Swim Team Practice	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	
8:30 AM		Open Lap Swimming					
9:00 AM					Swim Team Practice	Swim Team Practice	Swim Team Practice
9:30 AM							
10:00 AM				Blaze Swim			
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM					Open Lap Swimming		
1:00 PM							
1:30 PM				Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	
2:00 PM							
2:30 PM							
3:00 PM		Open Lap Swimming					
3:30 PM	Open Lap Swimming						
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							



Northside Hospital Family Aquatic Center

# SUNDAY INDOOR POOL SCHEDULE

OCTOBER 2023

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 AM						
6:00 AM						
6:30 AM	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed
7:00 AM						
7:30 AM						
8:00 AM	Open Lap Swimming	Open Lap Swimming				
8:30 AM						
9:00 AM						
9:30 AM	Swim Lessons	Swim Lessons	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	Women's Only Swim	Women's Only Swim	Women's Only Swim	Women's Only Swim	Women's Only Swim	Women's Only Swim
6:30 PM						
7:00 PM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming
7:30 PM						
8:00 PM						
8:30 PM	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed
9:00 PM						
9:30 PM						