



September 2026 through mid-June 2027

SUBSCRIBE
to pool updates
and breaking news,
by emailing
DavidJ@scclive.org

MONDAYS & WEDNESDAYS

6:30 AM – 8:55 AM | Men's Adult Swim, ages 16+

9:00 AM – 12:45 PM | Women's Adult Swim, ages 16+

Mondays: 12 PM – 12:45 PM | Women's Adult Aquarobics Class

Wednesdays: 12 PM – 12:45 PM | Women's Adult Aquarobics Class

1:00 PM – 5:00 PM | Reserved for Instructional Swim, School Rentals

5:00 PM – 6:00 PM | Men's Adult Swim, ages 16+

6:00 PM – 8:00 PM | Men's Open Swim & Father/Child Co-ed Swim (girls ages 6 and under)

8:00 PM – 10:00 PM | Men's Adult Swim, ages 16+

TUESDAYS & THURSDAYS

6:30 AM – 8:55 AM | Men's Adult Swim, ages 16+

9:00 AM – 12:45 PM (12:20 PM on Tuesdays) | Women's Adult Swim, ages 16+

1:00 PM – 5:00 PM | Reserved for Instructional Swim, School Rentals

5:00 PM – 6:00 PM | Women's Adult Swim, ages 16+

6:00 PM – 8:00 PM | Women's Open Swim & Mother/Child Co-ed Swim (boys ages 6 and under)

8:00 PM – 9:30 PM | Women's Adult Swim, ages 16+

FRIDAYS

6:30 AM – 8:55 AM | Men's Adult Swim, ages 16+

9:00 AM – 12:45 PM | Women's Adult Swim, ages 16+

1:00 PM – Closing | Reserved Exclusively for Instructional Swim

SATURDAY NIGHTS

November 7, 2026 through March 13, 2027. Full Saturday night schedule will be available at the front desk or online.

Men's Adult Swim | Pool opens ~50 minutes after Shabbat and until 10 PM. Building closes at 10:15 PM.

SUNDAYS

7:15 AM – 12:55 PM | Men's Adult Swim, ages 16+

11:00 AM – 12:55 PM | Men's Open Swim & Father/Child Co-ed Swim (girls must be 6 and under)

1:00 PM – 3:30 PM | Women's Adult Swim, ages 16+

3:30 PM – 6:25 PM | Women's Open Swim & Mother/Child Co-ed Swim (boys must be 6 and under)

NOTE | The pool may periodically close on Sunday afternoons for birthday party rentals. Notice will be provided.

Email DavidJ@scclive.org to inquire about birthday party rentals or to be added to the Pool Updates email list.

**WOMEN'S
AQUA-ROBICS**
A free membership perk

**MONDAYS &
WEDNESDAYS**

12 PM to 12:45 PM



MORE INFO



- **ADULT SWIM** is reserved for those ages 16+. And, lap swim takes precedent over other forms of exercise. Please note: Private classes with children of the opposite sex younger than three might take place.
- **CHILDREN AGES 10 AND OLDER** are permitted to swim unattended during select times during Open Swim, provided that they know how to swim on their own.
- **CHILDREN AGES 9 & YOUNGER** must swim with an adult at all times. See schedule for times.
Parent/Child Co-ed Swim
 - + Children must be 6 years old and under to qualify for co-ed swim.
 - + Children ages 3 and older of the opposite sex can change in the Family Changing Room, only.
 - + Heads up: There is no changing in the sauna or on the pool deck.

No food or drinks on pool deck.
Street shoes of any kind are
forbidden in the pool area.

**The Center reserves the right
to one lane, at any time,
for private swim instruction.**

