

	Monday	Tuesday	Wednesday	Thursday	Friday
6-6:45am	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared
7-7:45am	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared
8-8:45am	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared
9-9:45am	Vanessa's Vibrant Workout	Aqua Ex.	Vanessa's Vibrant Workout	Aqua Ex.	Vanessa's Vibrant Workout
10-10:45am	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared
11-11:45am	Family Swim/Lap - Shared	Family Swim/Lap - Shared	Family Swim/Lap - Shared	Family Swim/Lap - Shared	Family Swim/Lap - Shared
12-12:45pm	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared
1-1:45pm	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared
2-2:45pm	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared
3-3:45pm	Lap - Shared ##	Lap - Shared ##	Lap - Shared ##	Lap - Shared ##	Lap - Shared ##
4-4:45pm	Family Swim	Family Swim	Family Swim	Family Swim	Lap - Shared
5-5:45pm	Lap - Shared	Family Swim/Lap - Shared	Lap - Shared	Family Swim/Lap - Shared	Family Swim
6-6:45pm	Lap - Shared	Lap - Shared	Vanessa's Vibrant Workout	Lap - Shared	
7-7:45pm	Lap - Shared	Lap - Shared	Lap - Shared	Lap - Shared	
	Saturday	Sunday			
6-6:45am					
7-7:45am	Lap - Shared	Lap - Shared			
8-8:45am	Lap - Shared	Lap - Shared			
9-9:45am	Group Lessons	Group Lessons			
10-10:45am	Group Lessons	Group Lessons			
11-11:45am	Family Swim	Family Swim			
12-12:45pm	Family Swim *	Family Swim/Lap - Shared			
1-1:45pm	Lap - Shared	Lap - Shared			
2-2:45pm	Family Swim	Family Swim			
3-3:45pm	Lap - Shared	Lap - Shared			
4-4:45pm	Family Swim	Family Swim			
5-5:45pm	Lap - Shared	Lap - Shared			

Yulman Indoor Pool Schedule
as of 5/1/2025



Visit us at www.schenectadyjcc.org
to make your reservation

- Each # indicates a lane being used for ASEP or ECE. These will take place in lanes 1 and 2.
- Each * indicates a lane being used for personal training - This will take place in lane 4. Swim lessons may occur in any lane at various times. Lane choice is at the discretion of the instructor.