

JCC Winter-Spring 2010 POOL SCHEDULE

JAN 1, 2010 - MAY 31, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 7:00 am	Masters Swimming		Masters Swimming		Masters Swimming	OPEN SWIM 9 am To 1:30 pm Shallow Water Aerobics 9:30am	Closed
8:00 - 9:00 am	Deep Water & Low Impact Aerobics	Deep Water & Low Impact Aerobics	Deep Water & Low Impact Aerobics	Deep Water & Low Impact Aerobics	Deep Water & Low Impact Aerobics		Deep Water Aerobics 8:00am to 9:00am
9:00 - 10:00 am	Aerobics Shallow Water	Aerobics Shallow Water	Aerobics Shallow Water	Aerobics Shallow Water	Aerobics Shallow Water		
12:00p – 1:00 p	Camelback Coaching Masters Swim		Camelback Coaching Masters Swim		Camelback Coaching Masters Swim		
OPEN Swim Monday & Thursday 5:30a – 9:30p Tuesday & Wednesday 5:30a – 7:30p Friday 5:30a – 4:30p							
eda						Closed	
3:00 - 6:00 pm	Swim Team Novice 4:00-4:45p Advanced & Neptune 4:00-5:00pm	Swim Team Novice 4:00-4:45p Advanced & Neptune 4:00-5:00pm	Swim Team Novice 4:00-4:45p Advanced & Neptune 4:00-5:00pm	Swim Team Novice 4:00-4:45p Advanced & Neptune 4:00-5:00pm			
	High School Swim Team 5:15 - 7:00pm	High School Swim Team 5:15 - 7:00pm	High School Swim Team 5:15 - 7:00pm	High School Swim Team 5:15 - 7:00pm			
	Learn to Swim 1&2 4:00p-4:30p 3&4 4:30p-5:00p 5,6&7 5:00p-5:30p		Learn to Swim 1&2 4:00p-4:30p 3&4 4:30p-5:00p 5,6&7 5:00p-5:30p				
6:00 – 9:30pm	Open Swim Until 9:30pm	POOL Closes At 7:30 PM For Water Polo	POOL Closes At 7:30 PM For Water Polo	Open Swim Until 9:30pm	4:30pm Closed	1:30pm Closed	

