

JCC Winter 2007 Pool Schedule May 1, 2007 – Sept 1, 2007

Contact Dae Williams, Fitness and Aquatics Director, 480-483-7121 ext. 1278 or email daew@vosicc.org
Schedule Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 - 7:00am	Masters Swimming		Masters Swimming		Masters Swimming	Open SWIM 7am To 1 pm	OPEN Swim 7:00am-5:30pm	
7:30 - 8:30am	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics			
8:30 - 9:30am	Shallow Water	Shallow Water	Shallow Water	Shallow Water	Shallow Water			
9:30 – 11:30am	Camp Swim Lessons	Camp Swim Lessons	Camp Swim Lessons	Camp Swim Lessons	Camp Swim Lessons			
10:00-11:00am		Deep Water Aerobics		Deep Water Aerobics				
12:00-1:00pm	Masters Swim With Anne Wilson		Masters Swim With Anne Wilson		Masters Swim With Anne Wilson			Masters Swim No Instructor 10:00 to 1130am
1:00-2:00pm	Home School Swim Team	Home School Swim Team	Home School Swim Team	Home School Swim Team				
OPEN Swim Monday – Thursday 5:30a – 8:15p Friday 5:30a – 5:30p								
3:00 -7:00pm	Swim Team Novice 4:00-4:30p Advanced & Neptune 4:30-5:45p	Swim Team Novice 4:00-4:30p Advanced & Neptune 4:30- 5:45p	Swim Team Novice 4:00-4:30p Advanced & Neptune 4:30-5:45p	Swim Team Novice 4:00-4:30p Advanced & Neptune 4:30- 5:45p		OPEN Swim 1:00-5:30pm		
6:00 – 8:15pm	High School Swim Team 5:15pm- 715pm	High School Swim Team 5:15pm- 7:15pm	High School Swim Team 5:15pm- 7:15pm	High School Swim Team 5:15- 7:15pm			5:30pm Closed	Swim Team Novice 4:00-4:30p Advanced & Neptune 4:30-5:30p
					5:30pm Closed			