

JCC Spring 2012 Pool Schedule

March 31st, 2012 – May 31st, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:45am	Masters Swim w/ Joe Zemitis		Masters Swim w/ Joe Zemitis		Masters Swim w/ Joe Zemitis	OPEN SWIM 9 am To 3:30 pm 9:00-10:00am Deep Water Aerobics w/ Sam 10:00 - 11:00 Shallow Water Aerobics w/ Sam Swim Team High School 9:30a -11:30am (Swim Team uses 5 lanes)	Open @ 8:00am
7:30 - 8:30am	Deep Water & Low Impact Aerobics w/ Danielle	Deep Water & Low Impact Aerobics w/ Mary Jo	Deep Water & Low Impact Aerobics w/ Danielle	Deep Water & Low Impact Aerobics w/ Danielle	Deep Water & Low Impact Aerobics w/ Mary Jo		Deep Water Aerobics 8:00am to 9:00am w/ Sam Shallow Water Aerobics 9:00am to 10:00am w/ Sam
8:30 - 9:30am	Aerobics Shallow Water w/ Danielle	Aerobics Shallow Water w/ Mary Jo	Aerobics Shallow Water w/ Danielle	Aerobics Shallow Water w/ Danielle	Aerobics Shallow Water Mary Jo		Masters Swim 9:00 - 10:00am OPEN Swim 8:00am-5:00pm
9:30 - 12:00 am	Camelback Coaching Masters Swim		Camelback Coaching Masters Swim		Camelback Coaching Masters Swim		
12:00p - 1:00pm							
OPEN Swim Monday, Tuesday 5:30a – 9:30p Thursday 5:30am-10pm Wednesday 5:30a – 7:30p Friday 5:30a – 5pm							
3:00 - 6:00 pm	Swim Team Novice 3:45-4:45p Advanced & Neptune 4:00-5:00pm	Swim Team Novice 3:45-4:45p Advanced & Neptune 4:00-5:00pm	Swim Team Novice 3:45-4:45p Advanced & Neptune 4:00-5:00pm	Swim Team Novice 3:45-4:45p Advanced & Neptune 4:00-5:00pm		“NEW” JCC Swim Academy 10:00-12:00 Group Swim Lessons	Swim Team Seniors 9:00-11:00am 1:00 -3:30pm Stroke Development 3:30-4:00 Intermediate 4:00-4:30 Advanced
	High School Swim Team 6:00 - 7:30pm	High School Swim Team 6:00 - 7:30pm	High School Swim Team 6:00 - 7:30pm	High School Swim Team 6:00 - 7:30pm	High School Swim Team 6:00 - 7:30pm		
6:00 - 9:30pm	Open Swim Until 9:30pm	Open Swim Until 9:30pm	POOL Closes At 7:30 PM For Water Polo	Open Swim Until 10:00pm	6:00pm Closed	4:00pm Closed	

Schedule subject to change without notice.