

June 2019 Water Fitness & Pool Schedule

Lane & Open Swim Schedule <i>effective through June 30th</i>							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00 AM	5:30-9:30 AM 4 Lap & 2 Open Lanes	5:30-9:30 AM 4 Lap & 2 Open Lanes	5:30-9:30 AM 4 Lap & 2 Open Lanes	5:30-9:30 AM 4 Lap & 2 Open Lanes	5:30-9:00 AM 4 Lap & 2 Open Lanes		
5:30-6:00 AM							
6:00-6:30 AM							
6:30-7:00 AM							
7:00-7:30 AM							
7:30-8:00 AM							
8:00-8:30 AM							
8:30-9:00 AM							
9:00-9:30 AM							
9:30-10:00 AM	9:00-1:30 PM 2 Lap & 1 Open Lanes Camp Lessons 3 Lanes	9:00-1:30 PM 2 Lap & 1 Open Lanes Camp Lessons 3 Lanes	9:00-1:30 PM 2 Lap & 1 Open Lanes Camp Lessons 3 Lanes	9:00-1:30 PM 2 Lap & 1 Open Lanes Camp Lessons 3 Lanes	9:00 - 4:00 PM 3 Lap & 3 Open Lanes	9:00 AM- 12 Noon 2 Adult Lap Lanes Open, 3 Lanes Swim Lessons No Open Swim	
10:00-10:30 AM							
10:30-11:00 AM							
11:00-11:30 AM							
11:30 AM-Noon							
Noon-12:30 PM							
12:30-1:00 PM							
1:00-1:30 PM							
1:30-2:00 PM							
2:00-2:30 PM							
2:30-3:00 PM	1:30:00-5:00 PM 3 Lap & 3 Open Lanes	1:30-6:00 PM 3 Lap & 3 Open Lanes	1:30-5:00 PM 3 Lap & 3 Open Lanes	1:30-5:30 PM Lap & 3 Open Lanes	11:45-12:45 PM 4 Lap & 2 Open Lanes	9:00-5:30 PM 3 Lap & 3 Open Lanes	
3:00-3:30 PM							
3:30-4:00 PM							
4:00-4:30 PM							
4:30-5:00 PM							
5:00-5:30 PM							
5:30-6:00 PM							
6:00-6:30 PM							
6:30-7:00 PM	5-7:45 PM Swim Lessons No Open Swim 2 Adult Lap Swim	6:00-7:00 PM 2 Open & 1 Lap Lanes	5-7:45 PM Swim Lessons No Open Swim 2 Adult Lap Swim	5:30-6:30 PM 1 Lap & 2 Open Lanes	Pool Closes at 5:30 PM		
7:00-7:30 PM							
7:30-8:00 PM							
8:00-8:30 PM	7:45-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:45-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	3:00-5:30 PM 3 Lap & 3 Open Lanes	Pool Hours: Mondays-Thursdays, 5:30 a.m.-8:30 p.m. Fridays, 5:30 a.m.-5:30 p.m. Saturdays & Sundays, 7 a.m.-5:30 p.m. Outdoor Pool Hours Open swim is daily from 11 a.m.-7:45 p.m. Daily adult lap swim is 10 a.m.-noon except for Mondays and Wednesdays, 7-7:45 p.m. Open swim 10-11 a.m. on Saturdays and Sundays for young children and their families	
8:30-9:00 PM							

Water Fitness Classes (Free for members) <i>effective through June 30th</i>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 am Water Werks Elaine (Outdoors)	9-10 am Water Werks Elaine (Outdoors)	9-10 am Water Werks Elaine (Outdoors)	9-10 am Water Werks Elaine (Outdoors)	9-10 am Water Werks Elaine (Outdoors)	8-8:45 am Aqua Bootcamp Peach (Outdoors)	
	10:15-11 am Aqua Core & Strength Anette (Outdoors)	10:45-11:30 am Aqua Bootcamp Trent (Outdoors)	10:30-11:15 a.m. SilverSplash Lori	Upcoming Events at the Pool: Swim Team: June 3-July 27 Splash Bash: June 30, 1-3 p.m. - FREE for members! Summer Swim Lessons: Last session starts July 22 Fall Swim Classes: Look in mid-August online for dates and times at www.shawjcc.org Annual Member Appreciation Pool Party: Aug. 4, noon-4 p.m.		
			5:30-6:30 pm Aqua Bootcamp Peach Trent(Outdoors)			