Shaw JCC Akron

March 2018 Water Fitness & Pool Schedule

Lane & Open Swim Schedule *effective through March 31st*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00 AM	5:30-9:00 AM 4 Lap & 2 Open Lanes	5:30-9:00 AM 4 Lap & 2 Open Lanes	5:30-9:00 AM 4 Lap & 2 Open Lanes	5:30-9:00 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						7:00-8:00 AM 4 Lap & 2 Open Lanes	7:00-9:00 AM 4 Lap & 2 Open Lanes
7:00-7:30 AM							
7:30-8:00 AM							
8:00-8:30 AM						8:00-8:45 AM 3 Lap Lanes Open	
8:30-9:00 AM							
9:00-9:30 AM	9:00-10:00 AM 2 Lap & 1 Open Lanes	9:00-11:30 AM 2 Lap & 1 Open Lanes	9:00-10:45 AM 2 Lap & 1 Open Lanes	9:00-noon AM 2 Lap & 1 Open Lanes	9:00 AM-4:00 PM 3 Lap & 3 Open Lanes	9:00 AM-Noon 2 Adult Lap Lanes Open, No Open Swim	9:00 AM-5:30 PM 2 Lap & 4 Open Lanes
9:30-10:00 AM							
10:00-10:30 AM	10:00 AM-5:00 PM 3 Lap & 3 Open Lanes		10:45-11:30 AM 3 Adult Lap Lanes Open				
10:30-11:00 AM							
11:00-11:30 AM			11:30 AM-4:30 PM 2 Lap & 4 Open Swim Lanes				
11:30 AM-Noon		11:30 AM-1:00 PM 3 Lap & 3 Open Lanes		Noon-1 PM 4 Lap & 2 Open Lanes		Noon-5:30 PM 3 Lap & 3 Open Lanes	
Noon-12:30 PM							
12:30-1:00 PM							
1:00-1:30 PM		1:00-3:30 PM 1 Lap & 2 Open Lanes		1:00-3:30 PM 1 Lap & 2 Open Lanes			
1:30-2:00 PM							
2:00-2:30 PM							
2:30-3:00 PM							
3:00-3:30 PM		3:30-4:15 PM 3 Lap & 3 Open Lanes		3:30-5:30 PM 3 Lap & 3 Open Lanes			
3:30-4:00 PM							
4:00-4:30 PM							
4:30-5:00 PM		4:15-5:00 PM 2 Lap & 1 Open Lanes			4:00-5:30 PM 2 Lap Lanes Open *No Open Swim through Mar. 9, 4-5:30 PM*		
5:00-5:30 PM	5:00-7:30 PM 2 Adult Lap Lanes *No Open Swim through Mar. 9, 5-6:30 PM*	5:00-6:00 PM 3 Open Lanes	5:00-6:30 PM 2 Adult Lap Lanes 5:00-7:30 PM *No Open Swim through Mar. 9, 5-6:30 PM*	5:30-6:30 PM 1 Lap & 2 Open Lanes *No Open Swim through Mar. 9, 6-7:30 PM*	Pool Closes at 5:30 PM		
5:30-6:00 PM							
6:00-6:30 PM		6:00-7:00 PM 2 Open & 1 Lap Lanes *No Open Swim through Mar. 9, 6-7:30 PM*					
6:30-7:00 PM							
7:00-7:30 PM							
7:30-8:00 PM	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes			
8:00-8:30 PM							
8:30-9:00 PM	Pool Closes at 8:30 PM						

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.

No Open Swim through March 9 due to Swim Team Practices:
Mondays & Wednesdays, 5-6:30 p.m. & Tuesdays & Thursdays, 6-7:30 p.m. & Fridays, 4-5:30 p.m.

Text @ShawJCC to 81010 for class cancellations & aquatics

Water Fitness Classes (Free for members) *effective through March 31st*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 am **Water Werks** Elaine	9-10 am **Water Werks** Elaine	9-10 am **Water Werks** Elaine	9-10 am **Water Werks** Elaine		8-8:45 am **Aqua Bootcamp** Peach	
		10:45-11:30 am **Aqua Bootcamp** Trent	11:15 am-12 pm **SilverSplash** Lori	**Upcoming Events at the Pool:** **J Splash Movie Night featuring The Incredibles - Thursday, March 22, 6:45-8:30 PM, Cost: $5** During the movie we ask parents to be in the water with their children. Small kids' floats are welcome along with fun noodles. No kickboards or hard toys. No roughhousing allowed during the movie.		
	4:15-5 pm **SilverSplash** Christine		5:30-6:30 pm **Aqua Bootcamp** Peach/Trent			
	6-7 pm **Aqua Fit** Annette					