

September & October 2018 Water Fitness & Pool Schedule

Lane & Open Swim Schedule <i>effective through Oct. 31st</i>									
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									
7:00-7:30 AM									
7:30-8:00 AM									
8:00-8:30 AM									
8:30-9:00 AM						7:00-8:00 AM 4 Lap & 2 Open Lanes	7:00-9:30 AM 4 Lap & 2 Open Lanes		
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 ECE Swim Lessons	9:00-10:45 AM 2 Lap & 1 Open Lanes ECE Swim Lessons, 9-11:30 AM	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, No Open Swim			
9:30-10:00 AM									
10:00-10:30 AM	10:00 AM-5:00 PM 3 Lap & 3 Open Lanes	11:30 AM-1:00 PM 3 Lap & 3 Open Lanes	10:45-11:30 AM 3 Adult Lap Lanes Open	11:30 AM-4:30 PM 2 Lap & 4 Open Swim Lanes	Noon-1 PM 4 Lap & 2 Open Lanes	Noon-5:30 PM 3 Lap & 3 Open Lanes	9:30-10:30 2 Lap & 1 Open Lanes 10:30 AM-5:30 PM 2 Lap & 4 Open Lanes		
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									
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	5:00-7:15 PM 2 Adult Lap Lanes No Open Swim	5:00-6:00 PM 3 Open Lanes	5:00-7:15 PM 2 Adult Lap Lanes No Open Swim	5:30-6:30 PM 1 Lap & 2 Open Lanes	Pool Closes at 5:30 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.	Text @ShawJCC to 81010 for class cancellations & aquatics updates.		
5:30-6:00 PM									
6:00-6:30 PM									
6:30-7:00 PM									
7:00-7:30 PM									
7:30-8:00 PM	7:15-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:15-8:30 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								

Water Fitness Classes (Free for members) <i>effective through Oct. 31st</i>						
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	9:30-10:30 am Aqua Bootcamp Peach
		10:45-11:30 am Aqua Bootcamp Trent	11:15 am-12 pm SilverSplash Lori	Upcoming Events at the Pool: Stroke Clinics - Tues/Thurs evenings 5:30-7 p.m. October 9, 11, 16, 18 & 23 (utilizing two lanes) Indoor Pool Closed through Sept. 11 and will close at Sept. 18 at 3 p.m. & all day Sept. 19 American Red Cross Swim Lessons begin Mon/Wed evenings, Sept. 12, and Sat. mornings, Sept. 15 Look for schedule changes in November as Stingrays		
	4:15-5 pm SilverSplash Christine					
	6-7 pm Aqua Fit Annette		5:30-6:30 pm Aqua Bootcamp Peach/Trent			