



JCC
OF GREATER
NEW HAVEN

OCTOBER 2018

MARCIA & STANLEY F. REITER SWIMMING POOL SCHEDULE

	Pool Hours	Lap Swim/ Waterwalking	Family/ Open Swim	Aquatic Exercise	Swim Lessons Beverly Levy/ AfterSchool Special	Masters/ Swim Team
SUNDAY	7:00 AM - 5:45 PM	7:00 AM-9:00 AM 5 Lap Swim Lanes 7:00 AM-9:00 AM Water Walking - Lane 1 9:00 AM-5:45 PM 3 Lap Swim Lanes	9:00 AM-11:30 AM 1:30 PM-5:45 PM		9:00 AM-10AM 1 Lap Private Lessons 11:30 AM-1:30 PM Swim Lessons*	
MONDAY	5:30 AM-9:30 PM October 1, JCC Closed	5:30 AM-9:00 AM 5 Lap Swim Lanes Lane 1-Water Walking 9:00 AM-5:15 PM 3 Lap Swim Lanes 5:15 PM-7:00 PM 1 Lap Swim Lanes 7:00-8:30PM 3 Lap Swim Lanes	9:45 AM-4:30 PM 7:00 PM-8:30 PM **8:30 PM-9:30 PM **Male Only Swim	9:00 AM-9:45 AM Water Aerobics 4:30 PM-5:15 PM Water Aerobics		5:15 PM-7:00 PM Swim Team*
TUESDAY	5:30 AM-9:30 PM	5:30 AM-9:00 AM 5 Lap Swim Lanes Lane 1-Water Walking 9:00 AM-5:15 PM 3 Lap Swim Lanes 5:15 PM-7:00 PM 2 Lap Swim Lane 7:00-8:30PM 3 Lap Swim Lanes	11:00 AM--4:00 PM 7:00 PM-8:30 PM **8:30 PM-9:30 PM **Female Only Swim	9:00 AM-9:45 AM Water Aerobics 10:00 AM-11:00 AM JCC Aqua Care*	11:00 AM-12:00 PM 4:00 PM-5:15 PM Swim Lessons*	5:15 PM-7:00 PM Swim Team*
WEDNESDAY	5:30 AM-9:30 PM	5:30 AM-9:00 AM 5 Lap Swim Lanes Lane 1-Water Walking 9:00 AM-9:30 PM 3 Lap Swim Lanes	9:45 AM-5:00 PM 5:45 PM-9:30 PM	9:00 AM-9:45 AM Combo Shallow/ Deep/Pilates 5:00 PM-5:45 PM Combo Shallow/ Deep/Pilates	10:15 AM-11:30 AM Bev Levy Swim 4:15 PM-5:00 PM Afterschool	Master Swim 6:30PM - 8:00PM Starts October 17
THURSDAY	5:30 AM-9:30 PM Pool Closed from 11 a.m. - 12 p.m. for cleaning	5:30 AM-9:00 AM 5 Lap Swim Lanes Lane 1-Water Walking 9:00 AM-5:15 PM 3 Lap Swim Lanes 5:15 PM-7:00 PM 1 Lap Swim Lanes 7:00 PM-9:30 PM 3 Lap Swim Lanes	11:00 AM-3:45 PM 7:00 PM-9:30 PM	9:00 AM-9:45 AM Yoga/Tai Chi 10:00 AM-11:00 AM JCC Aqua Care*	3:45 PM-5:15 PM Swim Lessons*	5:15 PM-7:00 PM Swim Team*
FRIDAY	5:30 AM-4:45 PM	5:30 AM-9:00 AM 5 Lap Swim Lanes Lane 1-Water Walking 9:00 AM-4:45 PM 3 Lap Swim Lanes	9:45 AM-4:45 PM	9:00 AM-9:45 AM Water Interval	4:15 PM-4:45 PM Afterschool	
SATURDAY	7:00 AM - 3:45 PM	7:00 AM-10:00 AM 5 Lap Swim Lanes Lane 1-Water Walking 10:00 AM-3:45 PM 3 Lap Swim Lanes	10:00 AM-3:45 PM			Master Swim 7:15AM - 8:45AM Starts October 29

***INDICATES PAID PROGRAM. PRE-REGISTRATION REQUIRED. SCHEDULE IS SUBJECT TO CHANGE. PLEASE CALL THE WELCOME DESK TO CONFIRM. FOR MORE INFORMATION, CALL (203) 387-2424 (WELCOME DESK X 248, ALLAN GREENBERG X252)**

JCC IS CLOSED IN OBSERVANCE OF THE JEWISH HOLIDAYS SEPTEMBER 10,11,19 & 24 . THE JCC WILL CLOSE AT 3PM ON SEPTEMBER 18.