



# OCTOBER 2019 MARCIA & STANLEY F. REITER SWIMMING POOL SCHEDULE

	<b>Pool Hours</b>	<b>Lap Swim/ Waterwalking</b>	<b>Family/ Open Swim</b>	<b>Aquatic Exercise</b>	<b>Swim Lessons Beverly Levy/ AfterSchool Special</b>	<b>Masters/ Swim Team</b>
<b>SUNDAY</b>	7:00 AM - 5:45 PM	7:00 AM-9:00 AM 5 Lap Swim Lanes Water Walking - Lane 1 9:00 AM-10:00 AM 4 Lap Swim Lanes Water Walking - Lane 1 10:00 AM-5:45 PM 3 Lap Swim Lanes	10:00 AM-11:00 AM 1:30 PM-5:45 PM		11:00 AM-1:30 PM Swim Lessons*	
<b>MONDAY</b>	5:30 AM-9:30 PM JCC Closed OCT 14 & 21	5:30 AM-9:00 AM 5 Lap Swim Lanes Water Walking - Lane 1 9:00 AM-5:15 PM 3 Lap Swim Lanes 6:15 PM-7:15 PM 2 Lap Swim Lanes 7:15 PM- 8:30 PM 3 Lap Swim Lanes	9:45 AM-4:30 PM 7:15-8:30 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-7:15PM Swim Team
<b>TUESDAY</b>	5:30 AM-9:30 PM JCC Closed OCT 1 JCC Closes @ 3 OCT 8	5:30 AM-9:00 AM 5 Lap Swim Lanes Water Walking - Lane 1 9:00 AM-5:15 PM 3 Lap Swim Lanes 6:15 PM-7:15 PM 2 Lap Swim Lanes 7:15 PM- 8:30 PM 3 Lap Swim Lanes	10:45 AM--4:00 PM 7:15 PM- 8:30 PM **8:30 PM-9:30 PM **FEMALE ONLY SWIM	9:00 AM-9:45 AM Water Aerobics 9:45 AM-10:30 AM JCC Aqua Care*	11:00 AM-12:00 PM 4:00 PM-5:15 PM Swim Lessons* Starts Oct. 15th	5:15 PM-7:15PM Swim Team
<b>WEDNESDAY</b>	5:30 AM-9:30 PM JCC Closed OCT 9	5:30 AM-9:00 AM 5 Lap Swim Lanes Water Walking - Lane 1 9:00 AM-9:30 PM 3 Lap Swim Lanes	9:45 AM-11:00 AM 11:00 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	11:00 AM-12:00 PM Bevy Levy Lessons 4:15 PM-5:00 PM Afterschool	
<b>THURSDAY</b>	5:30 AM-9:30 PM	5:30 AM-9:00 AM 5 Lap Swim Lanes 5:30 AM-6:00 AM Water Walking - Lane 1 9:00 AM-5:15 PM 3 Lap Swim Lanes 6:15 PM-8:30 PM 2 Lap Lane 8:30 PM- 9:30 PM 3 Lap Swim Lanes	10:45 AM-3:45 PM 7:15 PM- 9:30 PM	6:00 AM-6:50 AM Aqua Fitness 9:00 AM-9:45 AM Water Yoga/Tai Chi 9:45 AM-10:30 AM JCC Aqua Care*	3:45 PM-5:15 PM Swim Lessons*	5:15 PM-7:15PM Swim Team 7:15 PM- 8:30 PM Masters Swim Starts Oct. 10th
<b>FRIDAY</b>	5:30 AM-4:45 PM	5:30 AM-9:00 AM 5 Lap Swim Lanes Water Walking - Lane 1 9:00 AM-4:45 PM 3 Lap Swim Lanes	9:45 AM-4:45 PM	9:00 AM-9:45 AM Water Interval	4:00 PM-4:45 PM After School	
<b>SATURDAY</b>	7:00 AM - 3:45 PM	7:00 AM-10:00 AM 5 Lap Swim Lanes Water Walking - Lane 1 10:00 AM-3:45 PM 3 Lap Swim Lanes	10:00 AM-3:45 PM			

\*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)