

Jewish Community Center of Greater Buffalo, Inc. 2640 North Forest Road - Getzville, New York 14068

BENDERSON FAMILY BUILDING INDOOR POOL SCHEDULE Summer 2010

Effective June 19 2010

PLEASE OBEY LIFEGUARD AND ALL POOL RULES: Copies of Pool and complete Lap Swim Rules are available on the pool deck or at the front desk. Children under the age of 6 must be accompanied by a parent in the water, under the age of 9 must have a parent on deck. **Schedule is subject to change without notice due to holidays, class enrollment, or pool malfunction.** Aqua joggers are welcome to use the pool during LAP TIMES, but MUST follow all Lap Swim Rules & be in an assigned lane. Pool noodles & water weights are for use during OPEN SWIM ONLY. Lap Swim is reserved for member 14 years and older unless the member takes a swim test at the discretion of the guard. ALL Lap Swimmers must swim continuous laps and stay in lane. Circle swimming will take place on the window side during "Lap Only" times. MUST HAVE ADVANCED REGISTRATION FOR CHILDREN'S LESSONS, FLEXORCISE, A.M. INTERVAL TRAINING, YOGA WAVE and DRILLS AND THRILLS CLASSES. Children who are not potty trained 100% must wear snug-fitting Swim Diapers & Vinyl Pants. No disposable or cloth diapers permitted. NON-SWIMMERS PLEASE REPORT TO THE GUARD BEFORE ENTERING WATER. **POOL SCHEDULE IS SUBJECT TO CHANGE AT ANYTIME.**

Julie Kingsley, Aquatics Director, 688-4114 ext. 365, email: jkingsley@jccbuffalo.org

Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
8:00 - 10:00 AM	Lap	Lap	Lap	Lap	Lap/Lessons
10:00 - 11:30 AM	Women's Only Swim Open Swim, Private Lessons, Lap (no men at this time)				
Monday					
6:00 - 8:25 AM	Lap	Lap	Lap	Lap	Lap
8:25 - 9:00 AM	Lap	Lap	Drills and Thrills Registration Required		
9:00 - 10:00 AM	Water Exercises - No Lap/Open				
10:00 - 12:00 PM	Scooby Doo Camp/Kiddie Camp Swim Lessons				Lessons
12:00 - 12:30 PM	Lap	Lap	Lap	Open	Lessons
12:30 - 1:00 PM	Lap	Lap	Lap	Lap	Endurance/Lessons
1:00 - 1:30 PM	Lap	Lap	Lap	Advanced Flexorcise	
1:30 - 2:15 PM	Flexorcise (Registration Required)/Adult Deep Open/Lessons				
2:15 - 6:00 PM	Pool Closed / Available for Rentals				
6:00 - 7:30 PM	Lap	Lap	Lap	Lap	Endurance/Lessons
Tuesday					
6:00 - 8:30 AM	Lap	Lap	Lap	Lap	Lap
8:30 - 9:30 AM	Interval Training with Betsy (Registration Required)/Adult Shallow Open/Lessons				
9:30 - 10:30 AM	Aqua Boogie Shallow/Interval Training with Betsy Deep (Registration Required)				
10:30 - 11:30 AM	Lap	Lap	Lap	Special Programs Shallow/Deep Open	
11:30 - 1:00 PM	Lap	Lap	Lap	Lap	Endurance/Lessons
1:00 - 6:00 PM	Pool Closed / Available for Rentals				
6:00 - 7:30 PM	Lap	Lap	Lap	Lap	Endurance/Lessons
Wednesday					
6:00 - 8:25 AM	Lap	Lap	Lap	Lap	Lap
8:25 - 9:00 AM	Lap	Lap	Drills and Thrills Registration Required		
9:00 - 10:00 AM	Water Exercises - No Lap/Open				
10:00 - 12:00 PM	Scooby Doo Camp/Kiddie Camp Swim Lessons				Lessons
12:00-1:00 PM	Lap	Lap	Lap	Open	Lessons
1:00 - 1:30 PM	Lap	Lap	Lap	Advanced Flexorcise	
1:30 - 2:15 PM	Flexorcise (Registration Required)/Adult Deep Open/Lessons				
2:15 - 3:30 PM	Pool Closed / Available for Rentals				
3:30-4:30 PM	Women's Only Swim				
2:15 - 6:00 PM	Pool Closed / Available for Rentals				
6:00 - 7:30 PM	Lap	Lap	Lap	Lap	Endurance/Lessons
Thursday					
6:00 - 8:30 AM	Lap	Lap	Lap	Lap	Lap
8:30 - 9:30 AM	Interval Training with Betsy (Registration Required)/Adult Shallow Open/Lessons				
9:30 - 10:30 AM	Aqua Boogie Shallow/Interval Training with Betsy Deep (Registration Required)				
10:30 - 11:30 AM	Lap	Lap	Lap	Special Programs Shallow/Deep Open	
11:30 - 1:00 PM	Lap	Lap	Lap	Lap	Endurance/Lessons
1:00 - 6:00 PM	Pool Closed / Available for Rentals				
6:00 - 7:30 PM	Lap	Lap	Lap	Lap	Endurance/Lessons
Friday					
6:00 - 8:25 AM	Lap	Lap	Lap	Lap	Lap
8:25 - 9:00 AM	Lap	Lap	Drills and Thrills Registration Required		
9:00 - 10:00 AM	Water Exercises - No Lap/Open				
10:00 - 12:00 PM	Scooby Doo Camp/Kiddie Camp Swim Lessons				Lessons
12:00-1:00 PM	Lap	Lap	Lap	Open	Lessons
1:00 - 1:30 PM	Lap	Lap	Lap	Advanced Flexorcise	
1:30 - 2:15 PM	Flexorcise (Registration Required)/Adult Deep Open/Lessons				
2:15 - 5:30	Pool Closed / Available for Rentals				
Saturday					
8:00 - 10:00 AM	Lap	Lap	Lap	Lap	Lap
10:00-11:15 AM	Family Swim - No Lap			Lap	Lap
11:15 - 12:00 PM	Aqua Kick w/ Marie Manno, Aqua Zumba w/ Betsy Hare (Shallow)				Lap
12:00 - 3:30 PM	Pool Closed / Available for Rentals				