

**BENDERSON FAMILY BUILDING
POOL SCHEDULE
Winter 2012**

Effective January 3, 2012

PLEASE OBEY LIFEGUARD AND ALL POOL RULES: Copies of Pool and complete Lap Swim Rules are available on the pool deck. 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, POOL MALFUNCTION, OR OVER CROWDING.** 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 smaller of the two sides based on number of lap swimmers. MUST HAVE ADVANCED REGISTRATION FOR CHILDREN'S LESSONS, FLEXORCISE, A.M. INTERVAL TRAINING, and DRILLS AND THRILLS CLASSES. The diving board will be closed during all Aerobics classes except for lessons. Children who are not potty trained 100% must wear snug-fitting Swim Diapers & Vinyl Pants. NON-SWIMMERS PLEASE REPORT TO THE GUARD BEFORE ENTERING WATER.

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
10:00-10:30 AM	Lap	Lap	Lap	Open	Open
10:30 - 11:00 AM	Lap	Lap	Lap	Water Babies	
11:00 - 12:00 PM	Disco Splash Fever w/ Marsha Shallow/Deep Open			Private Lessons	
12:00 - 1:15 PM	Lessons	Lessons	Lessons	Open	
1:15 - 2:45 PM	Lessons	Open - NO LAP		Storm	
2:45 - 3:30 PM	Family Swim - NO LAP				Private Lessons
3:30 - 4:30 PM	Family Swim			Lap	Lap
4:30 - 5:30 PM	Women's Only Swim - Open/Lessons				
5:40 - 6:40 PM	Men's Only Swim/RENTAL				
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 - 10:30 AM	Lap	Lap	Lap	Private Lessons	Open
10:30 - 11:30 AM	Water Aerobics with Betty - No Lap/Deep Open				
11:30 - 12:30 PM	Lap	Lap	Lap	Open	Private 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			Lap	Lap/Lessons
2:15 - 3:30 PM	Lap	Lap	Lap	Open	Open
3:30 - 4:00 PM	Open - NO LAP			Private Lessons	Private Lessons
4:00 - 5:30 PM	Storm			Private Lessons	Open - NO LAP
5:30 - 6:30 PM	Storm	Lap	Lap	Lap	Endurance/Lessons
6:30 - 8:00 PM	Storm			Family Swim - NO LAP	
8:00 - 8:30PM	Open	Open	Open	Lap	Lap
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	Early Childhood/Gym and Swim Lessons			Open	Open
10:30 - 11:30 AM	Aqua Boogie Shallow/Interval Training with Betsy Deep (Registration Required)				
11:30 - 12:30 PM	Lap	Lap	Lap	Special Programs Shallow/Deep Open	
12:30 - 1:30 PM	Lap	Lap	Lap	Lap	Endurance/Lessons
1:30 - 3:30 PM	Lessons	Lessons	Lessons	Lap	Open
3:30 - 5:20 PM	Lessons	Lessons	Lessons	Open	Open
5:20 - 6:30 PM	Lap	Lap	Lap	Lap/Lessons	Endurance/Lessons
6:30 - 7:30 PM	Interval Training Deep/Shallow Open			Lap	Endurance/Lessons
7:30 - 8:30 PM	Open	Open	Open	Lap	Lap
Wednesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
6:00 - 8:45 AM	Lap	Lap	Lap	Lap	Lap
8:45 - 9:00 AM	Lap	Lap	Lap	Lap	Open
9:00 - 10:00 AM	Water Exercises - No Lap/Open				
10:00 - 10:30 AM	Lap	Lap	Open	Open	Open/Lessons
10:30 - 11:30 AM	Water Aerobics with Betty - No Lap/Deep Open				
11:30 - 12:30 PM	Lap	Lap	Lap	Special Programs Shallow/Deep Open	
12:30 - 1:30 PM	Lap	Lap	Lap	Gym & Swim	
1:30 - 2:15 PM	Flexorcise (Registration Required)/Deep Open			Lap	Lap/Lessons
2:15 - 3:30 PM	Lap	Lap	Lap	Open	Open
3:30 - 4:00 PM	Wild Water Games			Open - NO LAP	Private Lessons
4:00 - 5:30 PM	Storm			Private Lessons	Open - NO LAP
5:30 - 6:30 PM	Storm	Lap	Lap	Lap	Endurance/Lessons
6:30 - 8:00 PM	Storm			Family Swim - NO LAP	
8:00 - 8:30 PM	Open	Open	Open	Lap	Lap
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				
9:30 - 10:30 AM	Early Childhood/Gym and Swim Lessons			Open	Open
10:30 - 11:30AM	Aqua Boogie Shallow/Interval Training with Betsy Deep (Registration Required)				
11:30 - 12:30PM	Lap	Lap	Lap/Open	Open	Open
12:30 - 1:30PM	Lap	Lap	Lap	Lap	Endurance/Lessons
1:30 - 3:30 PM	Lap	Lap	Gym & Swim		
3:30 - 5:20 PM	Lessons	Lessons	Lessons	Open	Open
5:20 - 6:30 PM	Lap	Lap	Lap	Lap/Lessons	Endurance/Lessons
6:30 - 7:30 PM	Aqua Zumba/Deep Open Diving Board Closed				Private Lessons
7:30 - 8:30 PM	Open	Open	Open	Lap	Lap
Friday					
6:00 - 8:25AM	Lap	Lap	Lap	Lap	Lap
8:25- 9:00 AM	Drills and Thrills (Registration Required)			Lap	Lap
9:00 - 10:00 AM	Water Exercises - No Lap/Open				
10:05 - 10:30 AM	Water Babies (Registration Required)/Deep Open				
10:40 - 11:40 AM	Water Aerobics with Betty - No Lap/Open				
11:40 - 12:30 PM	Lap	Lap	Lap	Open	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			Lap	Endurance/Lessons
2:15 - 5:30 PM	Open	Open	Open	Lap	Lap
Saturday					
8:00 - 10:15 AM	Lap	Lap	Lap	Lap	Lap
10:15 - 11:15 AM	Aqua Zumba/Deep Open Diving Board Closed				Lessons
11:15 - 12:15 PM	Aqua Kick/Deep Open Diving Board Closed				Lessons
12:15 - 1:15 PM	Lap	Lap	Lap	Lap	Endurance/Lessons
1:15 - 3:30 PM	Open	Open	Open	Lap	Lap