

**OUTDOOR POOL SCHEDULE
JCC BENDERSON FAMILY BUILDING
SUMMER 2010**

Pool Open June 19 - September 7

The Lap Lanes may be closed at anytime due to over crowding

Julie Kingsley 688-4114 ext. 365

		Shallow	Deep	Lap Lanes	
Monday	9:20-10:20	Aerobics with Betty No Open or Lap			
	10:00-12:00	Kiddie Camp Lessons			
	11:30-1:00	Open			Lessons/Lap
	1:00-3:30	TriplePlay/Kiddie Camp	Open		Lessons/Lap
	3:30-7:30	Open			Lessons/Lap
Tuesday	9:20-10:20	Open	Open	Open	
	10:00-12:00	Open/Camp Rec swim			Lessons/Lap
	12:00-3:30	Capt's Cove / Kiddie Camp		Open	
	3:30-7:30	Open			Lessons/Lap
Wednesday	9:20-10:20	Aerobics with Betty No Open or Lap			
	10:00-12:00	Kiddie Camp Lessons			
	11:30-1:00	Open			Lessons/Lap
	1:00-3:30	TriplePlay/Kiddie Camp	Open		Lessons/Lap
	3:30-7:30	Open			Lessons/Lap
Thursday	9:30-10:30	Open	Open	Open	
	10:00-12:00	Open/ Camp Rec swim			Lessons/Lap
	12:00 - 3:30	Capt's Cove / Kidde Camp		Open	
	3:30 - 7:30	Open			Lessons/Lap
Friday	9:20-10:20	Aerobics with Betty No Open or Lap			
	10:00 - 12:00	Kiddie Camp Lessons			
	11:30-1:00	Open			Lessons/Lap
	1:00-3:30	TriplePlay/Kiddie Camp	Open		Lessons/Lap
	3:30-7:30	Open			Lessons/Lap
Saturday	10:00-12:00	Open			Lap
	12:00-5:00	(12:15-2:15 Capt's Cove) Open / NO LAP			
	5:00-7:00	Open			Lap
Sunday	10:00 -12:00	Open			Lap
	12:00-5:00	(12:15-2:15 Capt's Cove) Open / NO LAP			
	5:00-7:00	Open			Lap

PLEASE OBEY LIFEGUARD AND ALL POOL RULES: 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 numbers of swimmers and/or 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 assigned lane. Pool noodles & water weights are for use in the OPEN SWIM AREA ONLY. Lap Swim is reserved for members 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 at the discretion of the head guard. Children who are not potty trained 100% must wear snug fitting SWIM DIAPERS & VINYL PANTS. **No disposable or cloth diapers permitted. Outdoor Pool phone #716- 688-4114 ext.328.**