

| MONDAY              | LANE 1                                   | LANE 2 | LANE 3                  | LANE 4                        | LANE 5 |
|---------------------|--|--------|-------------------------|-------------------------------|--------|
| 5:30 am - 8:15 am   | LAP                                      |        |                         | OPEN SWIM (NO LAP)            |        |
| 8:15 am - 9:00 am   | HYDRORIDER WITH BETSY H. (DEEP END OPEN) |        |                         |                               |        |
| 9:15 am - 10:00 am  | HYDRO MUSCLES WITH BETSY H.              |        |                         |                               |        |
| 10:00 am - 10:30 am | DEEP WATER EXPRESS WITH BETSY H.         |        |                         |                               |        |
| 10:30 am - 11:00 am | LAP                                      |        | AQUA YOGA WITH BETSY H. |                               |        |
| 10:45 am - 12:45 pm | LAP                                      |        |                         | OPEN SWIM (NO LAP)            |        |
| 12:45 pm - 1:45 pm  | LAP                                      |        |                         | MINNOW MONDAY (DEEP END OPEN) |        |
| 1:45 pm - 3:00 pm   | LAP                                      |        |                         | OPEN SWIM (NO LAP)            |        |
| 3:00 pm - 4:30 pm   | LAP                                      |        | PRIVATE LESSON          | OPEN SWIM (NO LAP)            |        |
| 4:30 pm - 5:15 pm   | STORM SWIM CLUB                          |        | PRIVATE LESSON          | OPEN SWIM (NO LAP)            |        |
| 5:15 pm - 6:45 pm   | STORM SWIM CLUB                          |        |                         | OPEN SWIM (NO LAP)            |        |
| 6:45 pm - 8:30 pm   | VICTOR SWIM CLUB                         |        | LAP                     | OPEN SWIM (NO LAP)            |        |

| TUESDAY             | LANE 1  | LANE 2 | LANE 3                               | LANE 4                        | LANE 5 |
|---------------------|---|--------|--------------------------------------|-------------------------------|--------|
| 5:30 am - 8:00 am   | LAP   |        |                                      | OPEN SWIM (NO LAP)            |        |
| 8:00 am - 9:00 am   | AQUA HIIT WITH BETSY H. (REGISTRATION REQUIRED) |        |                                      |                               |        |
| 9:00 am - 9:30 am   | LAP   |        | AI CHI WITH BETSY H. (DEEP END OPEN) |                               |        |
| 9:30 am - 10:30 am  | LAP   |        | EARLY CHILDHOOD (DEEP END OPEN)      |                               |        |
| 10:45 am - 11:30 am | WATER IN MOTION WITH BETSY H.                   |        |                                      |                               |        |
| 11:30 am - 3:00 pm  | LAP   |        |                                      | OPEN SWIM (NO LAP)            |        |
| 3:00 pm - 3:30 pm   | LAP   |        | PRIVATE LESSON                       | OPEN SWIM (NO LAP)            |        |
| 3:30 pm - 5:00 pm   | LAP   |        | PRIVATE LESSON                       | LEARN-TO-SWIM (DEEP END OPEN) |        |
| 5:00 pm - 6:00 pm   | JCC RAYS SWIM TEAM                              |        | PRIVATE LESSON                       | LEARN-TO-SWIM (DEEP END OPEN) |        |
| 6:00 pm - 6:45 pm   | LAP   |        | PRIVATE LESSON                       | OPEN SWIM (NO LAP)            |        |
| 6:45 pm - 8:30 pm   | VICTOR SWIM CLUB                                |        | LAP                                  | OPEN SWIM (NO LAP)            |        |

| WEDNESDAY           | LANE 1                             | LANE 2 | LANE 3                  | LANE 4                                | LANE 5 |
|---------------------|------------------------------------|--------|-------------------------|---------------------------------------|--------|
| 5:30 am - 8:30 am   | LAP                                |        |                         | OPEN SWIM (NO LAP)                    |        |
| 8:30 am - 9:00 am   | SAF AQUA DRUMS VIBES WITH BETSY H. |        |                         |                                       |        |
| 9:15 am - 10:00 am  | HYDRO MUSCLES WITH BETSY H.        |        |                         |                                       |        |
| 10:00 am - 10:30 am | DEEP WATER EXPRESS WITH BETSY H.   |        |                         |                                       |        |
| 10:30 am - 11:00 am | LAP                                |        | AQUA YOGA WITH BETSY H. |                                       |        |
| 11:00 am - 12:45 pm | LAP                                |        |                         | OPEN SWIM (NO LAP)                    |        |
| 12:45 pm - 1:45 pm  | LAP                                |        |                         | WET-TASTIC WEDNESDAY (DEEP END OPEN)  |        |
| 1:45 pm - 3:00 pm   | LAP                                |        |                         | OPEN SWIM (NO LAP)                    |        |
| 3:00 pm - 3:30 pm   | LAP                                |        | PRIVATE LESSON          | OPEN SWIM (NO LAP)                    |        |
| 3:30 pm - 4:30 pm   | LAP                                |        | PRIVATE LESSON          | KIDS' PLACE FREE SWIM (DEEP END OPEN) |        |
| 4:30 pm - 5:15 pm   | STORM SWIM CLUB                    |        | PRIVATE LESSON          | OPEN SWIM (NO LAP)                    |        |
| 5:15 pm - 6:45 pm   | STORM SWIM CLUB                    |        |                         | OPEN SWIM (NO LAP)                    |        |
| 6:45 pm - 8:30 pm   | VICTOR SWIM CLUB                   |        | LAP                     | OPEN SWIM (NO LAP)                    |        |

SCHEDULE CONTINUED ON BACK

| THURSDAY            | LANE 1  | LANE 2 | LANE 3                               | LANE 4                        | LANE 5 |
|---------------------|---|--------|--------------------------------------|-------------------------------|--------|
| 5:30 am - 8:00 am   | LAP   |        | OPEN SWIM (NO LAP)                   |                               |        |
| 8:00 am - 9:00 am   | AQUA HIIT WITH BETSY H. (REGISTRATION REQUIRED) |        |                                      |                               |        |
| 9:00 am - 9:30 am   | LAP   |        | AI CHI WITH BETSY H. (DEEP END OPEN) |                               |        |
| 9:30 am - 10:30 am  | LAP   |        | EARLY CHILDHOOD (DEEP END OPEN)      |                               |        |
| 10:45 am - 11:30 am | WATER IN MOTION WITH BETSY H.                   |        |                                      |                               |        |
| 11:30 am - 3:00 pm  | LAP   |        | OPEN SWIM (NO LAP)                   |                               |        |
| 3:00 pm - 3:30 pm   | LAP   |        | PRIVATE LESSON                       | OPEN SWIM (NO LAP)            |        |
| 3:30 pm - 5:00 pm   | LAP   |        | PRIVATE LESSON                       | LEARN-TO-SWIM (DEEP END OPEN) |        |
| 5:00 pm - 6:00 pm   | JCC RAYS SWIM TEAM                              |        | PRIVATE LESSON                       | LEARN-TO-SWIM (DEEP END OPEN) |        |
| 6:00 pm - 6:45 pm   | LAP   |        | PRIVATE LESSON                       | OPEN SWIM (NO LAP)            |        |
| 6:45 pm - 8:30 pm   | VICTOR SWIM CLUB                                |        | LAP                                  | OPEN SWIM (NO LAP)            |        |

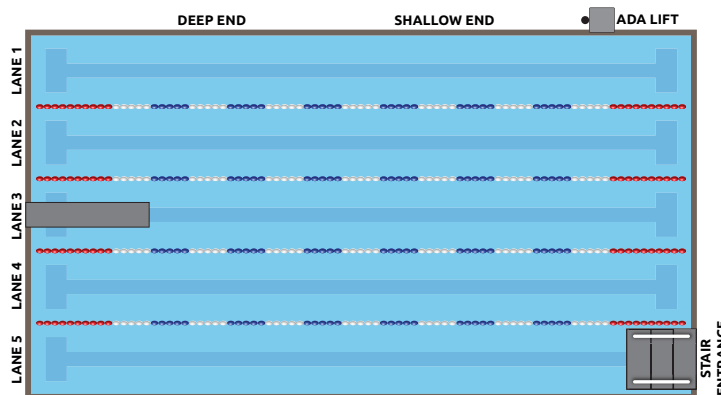
| FRIDAY              | LANE 1                                   | LANE 2 | LANE 3             | LANE 4                                | LANE 5 |
|---------------------|--|--------|--------------------|---------------------------------------|--------|
| 5:30 am - 8:15 am   | LAP                                      |        | OPEN SWIM (NO LAP) |                                       |        |
| 8:15 am - 9:00 am   | HYDRORIDER WITH BETSY H. (DEEP END OPEN) |        |                    |                                       |        |
| 9:15 am - 10:00 am  | HYDRO MUSCLES WITH BETSY H.              |        |                    |                                       |        |
| 10:00 am - 10:45 am | AQUA YOGA WITH BETSY H.                  |        |                    |                                       |        |
| 10:45 am - 11:15 am | EZ RIDER WITH BETSY H. (DEEP END OPEN)   |        |                    |                                       |        |
| 11:15 am - 3:00 pm  | LAP                                      |        | OPEN SWIM (NO LAP) |                                       |        |
| 3:00 pm - 3:30 pm   | LAP                                      |        | PRIVATE LESSON     | OPEN SWIM (NO LAP)                    |        |
| 3:30 pm - 4:30 pm   | LAP                                      |        | PRIVATE LESSON     | KIDS' PLACE FREE SWIM (DEEP END OPEN) |        |
| 4:30 pm - 5:15 pm   | STORM SWIM CLUB                          |        | PRIVATE LESSON     | OPEN SWIM (NO LAP)                    |        |
| 5:15 pm - 6:45 pm   | STORM SWIM CLUB                          |        | OPEN SWIM (NO LAP) |                                       |        |
| 6:45 pm - 7:30 pm   | VICTOR SWIM CLUB                         |        | LAP                | OPEN SWIM (NO LAP)                    |        |

| SATURDAY           | LANE 1 | LANE 2 | LANE 3                                 | LANE 4 | LANE 5 |
|--------------------|--------|--------|--|--------|--------|
| 8:00 am - 9:00 am  | LAP    |        | OPEN SWIM (NO LAP)                     |        |        |
| 9:00 am - 12:15 pm | LAP    |        | LEARN-TO-SWIM PROGRAMS (DEEP END OPEN) |        |        |
| 12:15 pm - 5:30 pm | LAP    |        | OPEN SWIM (NO LAP)                     |        |        |

| SUNDAY             | LANE 1          | LANE 2 | LANE 3                                 | LANE 4 | LANE 5 |
|--------------------|-----------------|--------|--|--------|--------|
| 8:00 am - 9:00 am  | LAP             |        | OPEN SWIM (NO LAP)                     |        |        |
| 9:00 am - 12:15 pm | LAP             |        | LEARN-TO-SWIM PROGRAMS (DEEP END OPEN) |        |        |
| 12:15 pm - 4:30 pm | LAP             |        | OPEN SWIM (NO LAP)                     |        |        |
| 4:30 pm - 5:30 pm  | MEN'S ONLY SWIM |        |  |        |        |

**POLICIES AND PROCEDURES YOU SHOULD KNOW AND UNDERSTAND TO MAKE THE MOST OUT OF YOUR JCC EXPERIENCE.**

- In case of emergency, injury, or concern, immediately notify the lifeguard on duty.
- Children under 6 years old must have an adult (18+) in the water within arms reach at all times (unless with a JCC instructor).
- Children under 10 years old must always have an adult (18+) on deck during lessons, programs, or open swim.
- Children under 14 years old who require a flotation device must always have an adult (18+) in the water within arm's reach.
- Inflatable flotation devices are prohibited in all JCC pools. This includes water wings, infant lily pads, inner tubes, and body rafts.
- Flippers are for in-water use only. Please remove them before walking on the pool deck.
- Aquatic exercise equipment is only for adults (18+) participating in a JCC water aerobics class.
- The pool schedule is subject to change at the discretion of the lifeguard on duty and/or the aquatics management team.



**SCAN THE QR CODE TO RESERVE YOUR SPOT IN ANY GROUP FITNESS CLASS.**

RESERVATIONS OPEN FIVE DAYS BEFORE EACH CLASS.

