

MONDAY	LANE 1	LANE 2	LANE 3	LANE 4
5:30 am - 9:00 am	LAP			
9:00 am - 10:45 am	OPEN SWIM		LAP	
10:45 am - 11:45 am	WATER AEROBICS WITH NADINE C.			
11:45 am - 4:00 pm	OPEN SWIM		LAP	
4:00 pm - 4:30 pm	KIDS' PLACE SWIM LESSONS (DEEP END OPEN)		LAP	
4:30 pm - 6:45 pm	STORM SWIM CLUB			
6:45 pm - 8:30 pm	OPEN SWIM (NO LAP)		LAP	

TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4
5:30 am - 9:00 am	LAP			
9:00 am - 10:30 am	EARLY CHILDHOOD (DEEP END OPEN)			
10:45 am - 11:45 am	AQUACISE WITH LORI R.			
11:45 am - 3:30 pm	OPEN SWIM		LAP	
3:30 pm - 5:30 pm	LEARN-TO-SWIM LEVELS 1, 2, 3, 4			LAP
5:30 pm - 6:00 pm	ADULT LEARN-TO-SWIM (DEEP END OPEN)		LAP	
6:00 pm - 7:00 pm	OPEN SWIM (NO LAP)		LAP	
7:00 pm - 8:00 pm	AQUA CARDIO BLAST WITH ERIC P.			
8:00 pm - 8:30 pm	OPEN SWIM (NO LAP)		LAP	

WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4
5:30 am - 9:00 am	LAP			
9:00 am - 10:45 am	OPEN SWIM		LAP	
10:45 am - 11:45 am	AQUACISE WITH LORI R.			
11:45 am - 4:00 pm	OPEN SWIM		LAP	
4:00 pm - 4:30 pm	KIDS' PLACE SWIM LESSONS (DEEP END OPEN)		LAP	
4:30 pm - 6:45 pm	STORM SWIM CLUB			
6:45 pm - 8:30 pm	OPEN SWIM (NO LAP)		LAP	

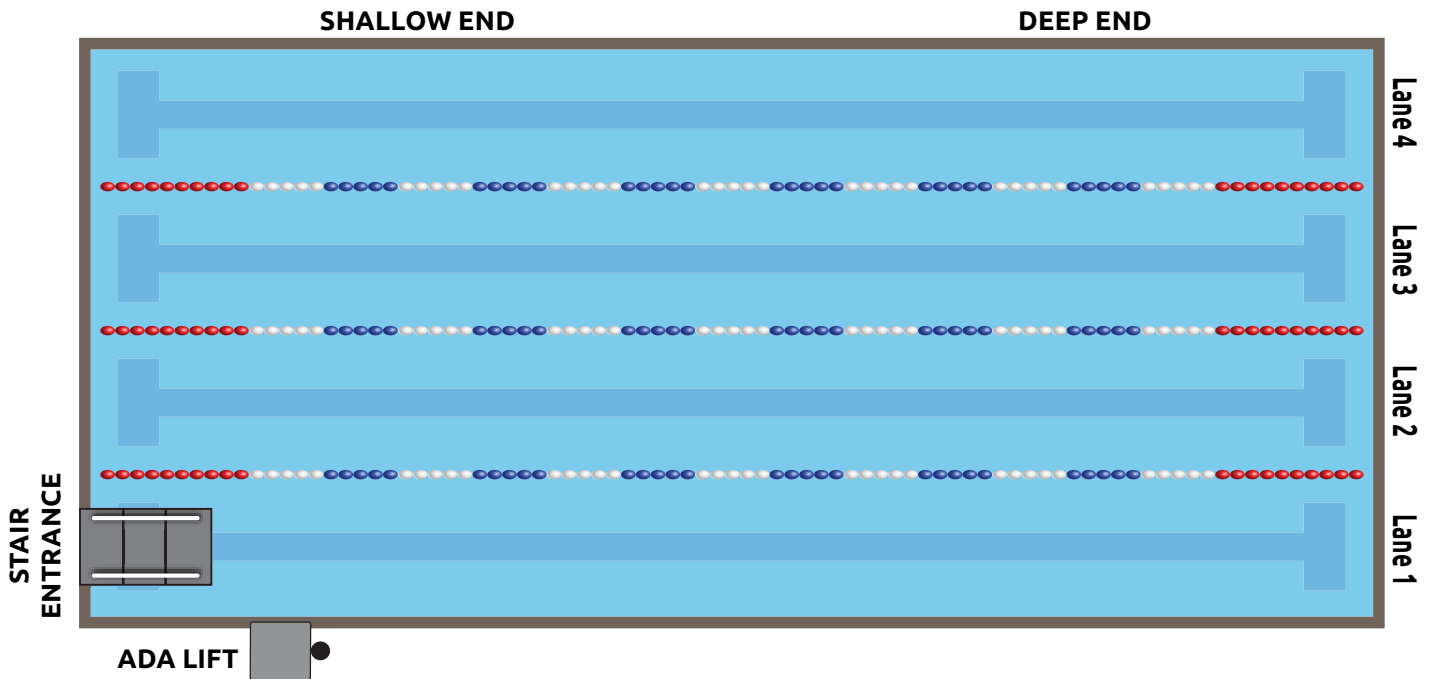
THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4
5:30 am - 9:30 am	LAP			
9:30 am - 10:30 am	EARLY CHILDHOOD (DEEP END OPEN)			
10:45 am - 11:45 am	AQUACISE WITH LORI R.			
11:45 am - 3:30 pm	OPEN SWIM		LAP	
3:30 pm - 5:30 pm	LEARN-TO-SWIM LEVELS 1, 2, 3, 4			LAP
5:30 pm - 6:00 pm	ADULT LEARN-TO-SWIM (DEEP END OPEN)		LAP	
6:00 pm - 7:00 pm	HYDRORIDER (DEEP END OPEN)			
7:00 pm - 8:30 pm	OPEN SWIM (NO LAP)		LAP	

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4
5:30 am - 9:00 am	LAP			
9:00 am - 10:45 am	OPEN SWIM		LAP	
10:45 am - 11:45 am	WATER AEROBICS ATHLETICS WITH NADINE C.			
11:45 am - 4:00 pm	OPEN SWIM		LAP	
4:00 pm - 4:30 pm	KIDS' PLACE SWIM LESSONS (DEEP END OPEN)		LAP	
4:30 pm - 6:45 pm	STORM SWIM CLUB			
6:45 pm - 7:30 pm	OPEN SWIM (NO LAP)		LAP	

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SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4
8:00 am - 9:00 am	OPEN SWIM (NO LAP)		LAP	
9:00 am - 12:10 pm	LEARN-TO-SWIM PROGRAMS			LAP
12:15 pm - 1:15 pm	WATER MUSCLES			
1:15 pm - 5:30 pm	OPEN SWIM (NO LAP)		LAP	

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4
8:00 am - 9:00 am	OPEN SWIM (NO LAP)		LAP	
9:00 am - 12:10 pm	LEARN-TO-SWIM PROGRAMS			LAP
12:15 pm - 1:15 pm	WATER MUSCLES WITH LORI R.			
1:15 pm - 5:30 pm	OPEN SWIM (NO LAP)		LAP	



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.