



JCC of Greater Buffalo

updated 12/6/21

Benderson Family Building Indoor Pool Schedule

Key: **Group Fitness** | **Lessons** | **Lap** | **Open/Family** | **Private**

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
8:00 - 9:00a	Lap Only				
9:10 - 9:40a	Water Babies - Session 1				Lessons Only
9:50 - 10:20a	Water Babies - Session 2				
10:30 - 11:00a	Toddler Splash				
11:10a - 11:50a	Kids Splash				
12:00 - 4:30p	Open / Family / Lessons		Lap Only		
MONDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:40 - 8:00a	Lap Only				
8:10 - 9:00a	Hydrorider - Beginner / Deep End - Open Swim				
9:10 - 10:00a	Hydro Muscles - Aqua Strength and Conditioning				
10:10 - 11:00a	Float Fitness - Deep End Dance Party				
11:10 - 12:45p	Open / Family / Lessons		Lap Only		
12:45a - 1:45p	Minnow Mondays - Learn to Swim			Lap Only	
1:45 - 4:00p	Open / Family / Lessons		Lap Only		
4:00 - 6:15p	Storm Swim Team - Shock 4:00-4:45 / Thunder 4:45-5:45 / Lightning 4:45-6:15				
6:15 - 8:00p	Lap Only		Victor Swim Club 6:30-7:45		
8:00 - 8:30p	Open / Family / Lessons		Lap Only		
TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:40 - 8:00a	Lap Only				
8:10 - 9:00a	AQUA H.I.I.T. - Small Group Interval - Tuesday / Thursday				
9:00 - 9:30a	Ai Chi - Balance and Range of Motion			Open / Family / Lessons	
9:30 - 10:30a	Early Childhood Center				
10:40 - 11:30a	Aquacise - Aqua Aerobics				
11:30 - 1:30p	Open / Family / Lessons		Lap Only		
1:30 - 2:20p	Flexorcise - Low Intensity and Range of Motion.			Open / Family / Lessons	
2:20 - 3:30p	Open / Family / Lessons		Lap Only		
3:30 - 5:15p	Learn to Swim - Levels 1 & 2 / Levels 3 & 4				Lessons Only
5:30 - 6:30p	Learn to Swim - Adult Beginner				
6:30 - 8:00p	Open / Family / Lessons		Victor Swim Club 6:30-7:45		
8:00 - 8:30p	Open / Family / Lessons		Lap Only		
WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:40 - 8:00a	Lap Only				
8:10 - 9:00a	Aqua Triathlon - Small Group Interval Training				
9:10 - 10:00a	Hydro Muscles - Aqua Strength and Conditioning				
10:10 - 11:00a	Float Fitness - Deep End Dance Party				
11:10 - 12:45p	Open / Family / Lessons		Lap Only		
12:45a - 1:45p	Wet-tastic Wednesday - Learn to Swim			Lap Only	
1:45 - 4:00p	Open / Family / Lessons		Lap Only		
4:00 - 6:15p	Storm Swim Team - Shock 4:00-4:45 / Thunder 4:45-5:45 / Lightning 4:45-6:15				
6:15 - 8:00p	Lap Only		Victor Swim Club 6:30-7:45		
8:00 - 8:30p	Open / Family / Lessons		Lap Only		
THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:40 - 8:00a	Lap Only				
8:10 - 9:00a	AQUA H.I.I.T. - Small Group Interval - Tuesday / Thursday				
9:00 - 9:30a	Ai Chi - Balance and Range of Motion			Open / Family / Lessons	
9:30 - 10:30a	Early Childhood Center Swim				
10:40 - 11:30a	W.I.M. - Water in Motion				
11:30 - 1:30p	Open / Family / Lessons		Lap Only		
1:30 - 2:20p	Flexorcise - Low Intensity and Range of Motion.			Open / Family / Lessons	
2:20 - 3:30p	Open / Family / Lessons		Lap Only		
3:30 - 5:15p	Learn to Swim - Levels 1 & 2 / Levels 3 & 4				Lessons Only
5:30 - 6:30p	Learn to Swim - Adult Beginner				
6:30 - 8:00p	Open / Family / Lessons		Victor Swim Club 6:30-7:45		
8:00 - 8:30p	Open / Family / Lessons		Lap Only		

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
5:40 - 8:00a	Lap Only				
8:10 - 9:00a	Hydrorider - Beginner / Deep End - Open Swim				
9:10 - 10:00a	Hydro Muscles - Aqua Strength and Conditioning				
10:10 - 11:00a	Float Fitness - Deep End Dance Party				
11:10 - 3:30p	Open / Family / Lessons		Lap Only		
3:30 - 4:00p	Kids Place Swim				Lesson Only
4:00 - 6:15p	Storm Swim Team - Shock 4:00-4:45 / Thunder 4:45-5:45 / Lightning 4:45-6:15				
6:15 - 7:30p	Lap Only		Victor Swim Club 6:30-7:45		
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5
8:00 - 9:00a	Learn to Swim - Adult Beginner				Lesson Only
9:10 - 10:00p	W.I.M. - Water in Motion				
10:10 - 10:40a	Water Babies - Session 1				Lessons Only
10:50 - 11:20a	Toddler Splash				
11:30a - 12:10p	Kids Splash				
12:10 - 4:30p	Open / Family / Lessons		Lap Only		

Lap Only Swim Lanes - Indoor *No Reservation Required.*

2 Swimmers Per Lane. - Lane is Split length ways down the middle, each swimmer gets one side.

First come first serve lane choice, no swimmer has exclusive rights to any lane.

Lap swim lanes are only for patrons who will be swimming full lengths / in a continuous lap motion.

Not intended for water walking, jogging, wading or aquacising.

Open / Family / Private Lesson Lanes – Indoor *No Reservation Required.*

Open / Family / Private Lesson swim is for non-lap swimmers, Families, water walking, jogging, wading, aquacising or private lessons.

Not intended for full lengths / or continuous lap motion swimming.

Water Aerobics *No Reservation Required. 40 Minute Class.*

First come first serve lane choice, no swimmer has exclusive rights to any lane or equipment.

GROUP LESSONS *Registration Required*

Water Babies

Parent and Child Swim Class– Parent gets in and learns with child for support.

Children Ages: 6 months – 2 years. Swim Diapers Required

Toddler Splash

Parent and Child Swim Class– Parent gets in and learns with child for support.

Children Ages: 2 years – 5 Years

Child must be able to keep balance safely with head out of water with or without swimming aid.

Swim Diaper Required for any child still in diapers.

Kids Splash

Parent and Child Swim Class – Parent gets in and learns with child for support.

Children Ages: 5 years – 10 Years

Child must be able to submerge head and keep balance safely with head out of water without swimming aid. (Bubbles, Noodles)

Ausome Summer Swim (COMING SOON)

All inclusive program for all of our many swimmers whom have special needs.

One on One instruction with a JCC W.S.I. (water Safety Instructor).

Fun and interactive Learn and Play lessons. PARENTS ARE WELCOME TO JUMP IN JOIN THE FUN!

Schedule is subject to change any time at the discretion of the JCC Aquatics staff and managment.