



JCC of Greater Buffalo

updated 12/6/21

Holland Family Building Indoor Pool Schedule

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

SUNDAY	LANE 1	LANE 2	LANE 3	LANE 4
8:00 - 9:00a	Lap Only			
9:10 - 9:40a	Water Babies - Session 1			
9:50 - 10:20a	Water Babies - Session 2			
10:30 - 11:00a	Toddler Splash			
11:10 - 11:50p	Kids Splash			
12:15 - 1:15p	Water Muscles			
1:30 -4:30p	Open / Family / Lessons		Lap Only	
MONDAY	LANE 1	LANE 2	LANE 3	LANE 4
5:30 - 9:30a	Lap Only			
9:30a - 12:45p	Open / Family / Lessons		Lap Only	
12:45 - 1:45p	Minnow Mondays - Learn to Swim			
2:00 - 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 -8:30p	Open / Family / Lessons		Lap Only	
TUESDAY	LANE 1	LANE 2	LANE 3	LANE 4
5:30 - 9:30a	Lap Only			
9:30 - 10:30a	Early Childhood Center			
10:45 - 11:45a	Water Aerobics			
12:00 - 3:15p	Open / Family / Lessons		Lap Only	
3:30 - 5:15p	Learn to Swim - Levels 1 & 2 / Levels 3 & 4			
5:30 - 6:30p	Learn to Swim - Adult Beginner			
6:30 - 7:00p	Open / Family / Lessons			
7:00 - 7:50p	Aqua Cardio Blast			
8:00 -8:30p	Open / Family / Lessons		Lap Only	
WEDNESDAY	LANE 1	LANE 2	LANE 3	LANE 4
5:30 - 9:30a	Lap Only			
9:30 - 10:30a	Open / Family / Lessons		Lap Only	
10:45 - 11:45a	Water Aerobics			
12:00 -12:45p	Open / Family / Lessons		Lap Only	
12:45 - 1:45p	Wet-tastic Wednesday - Learn to Swim			
2:00 -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 - 8:30p	Open / Family / Lessons		Lap Only	
THURSDAY	LANE 1	LANE 2	LANE 3	LANE 4
5:30 - 9:30a	Lap Only			
9:30 - 10:30a	Early Childhood Center			
10:45 - 11:45a	Water Aerobics			
12:00 - 3:15p	Open / Family / Lessons		Lap Only	
3:30 - 5:15p	Learn to Swim - Levels 1 & 2 / Levels 3 & 4			
5:30 - 6:30p	Learn to Swim - Adult Beginner			
6:30 - 7:30p	Open / Family / Lessons		Lap Only	

FRIDAY	LANE 1	LANE 2	LANE 3	LANE 4
5:30 - 9:30a	Lap Only			
9:30a - 3:30p	Open / Family / Lessons		Lap Only	
3:30-4:00p	Kids Place Swim			
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	Open / Family / Lessons		Lap Only	
SATURDAY	LANE 1	LANE 2	LANE 3	LANE 4
8:00 - 9:00a	Learn to Swim - Adult Beginner			
9:10 - 9:40a	Water Babies - Session 1			
9:50 - 10:20a	Water Babies - Session 2			
10:30 - 11:00a	Toddler Splash			
11:10a - 11:50p	Kids Splash			
12:15 - 1:15p	Water Muscles			
1:30 - 2:15p	HydroRider - Beginner / Deep End - Open Swim			
2:30 - 4:30p	Open / Family / Lessons		Lap Only	

Lap Only Swim Lanes *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. 60 Minute Class. 25 max.*

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

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)

Storm Swim Team

Storm is JCC's youth swim club, teaching participants the fun and competitive side of swimming.

Children Ages: 5 years – 13 Years

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

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.