

# Barbara Ziman-Pentelovitch Indoor Pool Schedule



June 1 - June 21, 2009

 Pool Hours:  
 Mon-Thurs: 6 a.m.- 8 p.m.  
 Friday: 6 a.m.- 5:30 p.m.  
 Saturday: 8 a.m.- 6 p.m.  
 Sunday: 8 a.m.- 6 p.m.

Please use this schedule as a general guide. Times and events may change, and the JCC reserves the right to change the schedule at any time. Thank you for joining us at the JCC, and enjoy your swim!

**Please see other side for lap swim and non lap swim times.**

**See website for special events and hours.**

Pool Schedule Programs						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10 - 11 a.m.</b> Water Exercise Lanes: 3-5 Will Be Outdoor Weather Permitting	<b>8:30 - 9:15 a.m.</b> Water Exercise Lanes 2-5 Will Be Outdoor Weather Permitting	<b>8:30 - 9:15 a.m.</b> Water Exercise Lanes 2-5 Will Be Outdoor Weather Permitting	<b>8:30 - 9:15 a.m.</b> Water Exercise Lanes 2-5	<b>3:00 - 5:15p.m.</b> Swimming Lessons Lanes 4-5	<b>8:30 - 9:15 a.m.</b> Water Exercise Lanes 3-5 Will Be Outdoor Weather Permitting	<b>10 a.m. - 2 p.m.</b> Swimming Lessons Lanes 3-5 1/2 Wading Pool
<b>11:10 a.m. - 1:00 p.m.</b> Swimming lessons Lanes 3-5 and	<b>9:30 - 11:45 a.m.</b> ECC Lessons Lanes 1-2, 4-5  <b>11:45 a.m.- 12:30 p.m.</b> Silver Splash Lanes 3-5  <b>4:45-6:50</b> Sabes Swim Club Lanes 1-3  <b>5:00 - 6:45 p.m.</b> Swim Lessons Lane 5	<b>9:30 - 11:45 a.m.</b> ECC Lessons Lanes 1-2, 4-5  <b>3:00 - 5:15 p.m.</b> Swimming Lessons Lanes 4-5  <b>6:00 - 6:45 p.m.</b> Water Exercise Lanes 3-5 Outside Weather Permitting	<b>9:30 - 11:45 a.m.</b> ECC Lessons Lanes 1-2, 4-5  <b>11:45 a.m.- 12:30 p.m.</b> Silver Splash Lanes 3-5  <b>4:45-6:50</b> Sabes Swim Club Lanes 1-3  <b>5:00 - 6:40 p.m.</b> Swim Lessons Lane 5  <b>6:15 - 7:00 p.m.</b> Prenatal Water Ex Lanes 1-3  <b>7:00 - 8:00 p.m.</b> FEMALE ONLY SWIM	<b>6:00 - 6:45 p.m.</b> Water Exercise Lanes 3-5 Outside Weather Permitting  <b>7:00 - 8:00 p.m.</b> MALE ONLY SWIM		

Scroll down to see page 2 of the schedule for lap swim and non-lap swim lanes.

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Please use this schedule as a general guide. Times and events may change, and the JCC reserves the right to change the schedule at any time. Thank you for joining us at the JCC, and enjoy your swim!

**Please see other side for programming times.**

**Note: All group lessons take place in the shallow end.**

**See website for special events and hours.**

## Pool Schedule Lap Swim Non-Lap Swim

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 10:00 a.m. Lap Lanes: 3 Non Lap Lanes:2	6:00 - 8:30 a.m. Lap Lanes: 3 Non Lap Lanes: 2	6:00 - 8:30 a.m. Lap Lanes: 3 Non Lap Lanes: 2	6:00 - 8:30 a.m. Lap Lanes: 3 Non Lap Lanes: 2	6:00 a.m. - 3:00 p.m. Lap Lanes: 3 Non Lap Lanes: 2	6:00 - 8:30 a.m. Lap Swim: 3 Non Lap Swim: 2	8:00 - 10:00 a.m. Lap Lanes: 3 Non Lap Lanes: 2
10:00 - 11:00 a.m. Lap Lanes 2 Non Lap Lanes: opposite end of class	8:30 - 9:30 a.m. Lap Lanes: 1 Non Lap Lanes: opposite end of class	8:30 - 9:30 a.m. Lap Lanes: 1 Non Lap Lanes: opposite end of class	8:30 - 9:15 a.m. Lap Lanes: 1 Non Lap Lanes: opposite end of class	3:00 - 6:00 p.m. Lap Lanes: 3 Non Lap Lanes: opposite end of swimming class	8:30 - 9:15 a.m. Lap Lanes: 1 Non Lap Lanes: opposite end of swimming class	10 a.m. - 2 p.m. Lap Lanes: 2 Non Lap Lanes: Opposite end of classes
11:00 a.m. - 1:00 p.m. Lap Lanes: 2 Non Lap Lanes: opposite end of class	9:30 - 11:45 a.m. Lap Lanes: 1 Non Lap Lanes: 0	9:30 - 11:45 a.m. Lap Lanes: 1 Non Lap Lanes: 0	9:30 - 11:45 a.m. Lap lanes: 1 Non Lap Lanes: 0	6:00- 6:45 p.m. Lap Lanes: 2 Will be inside if weather outside does not permit	9:15 a.m. - 2:30 p.m. Lap Lanes: 3 Non Lap Lanes: 2	2:00 - 6:00 p.m. Lap Lanes: 3 Non Lap Lanes: 2
1:00 - 6:00 p.m. Lap Lanes: 2 Non Lap Lanes: 3	11:45 a.m. - 12:30 p.m. Lap Lanes: 2 Non Lap Lanes: opposite end of class	11:45 a.m. - 3:00 p.m. Lap Lanes: 3 Non Lap Lanes: 2	11:45 a.m. - 12:30 p.m. Lap Lanes: 2 Non Lap Lanes: opposite end of class	6:45 - 7:00 p.m. Lap Lanes: 3 Non Lap Lanes: 2	2:30 - 5:30 Lap Lanes: 4 Non Lap Lanes: 1	
	12:30 - 4:45 p.m. Lap Lanes: 3 Non Lap Lanes: 2	3:00 - 6:00 p.m. Lap lanes: 3 Non Lap lanes: Deep end only	12:30 - 4:45 p.m. Lap Lanes: 3 Non Lap Lanes: 2	7:00 - 8:00 p.m. Lap Lanes: 2 Non Lap Lanes: 3		
	4:45 - 6:50 p.m. Lap Lanes: 1 Non Lap Lanes: 0	6:00- 6:45 p.m. Lap Lanes: 2 Will be inside if weather outside does not permit	4:45 - 6:50 p.m. Lap Lanes: 1 Non Lap Lanes: 0	Male Only 7:00 - 8:00 p.m.		
	6:50 - 8:00 p.m. Lap Lanes:3 Non Lap Lanes: 1 and deep end	6:45 - 8:00 p.m. Lap lanes: 3 Non Lap Lanes: 2	6:50 - 8:00 p.m. Lap Lanes: 2 Non Lap Lanes: 3 Female Only 7:00 - 8:00 p.m.			