

Barbara Ziman-Pentelovitch Indoor Pool Schedule

Pool Schedule Programs						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 - 11 a.m. Water Exercise Lanes: 3-5	8:30 - 9:15 a.m. Water Exercise Lanes 2-5	8:30 - 9:15 a.m. Water Exercise Lanes 2-5	8:30 - 9:15 a.m. Water Exercise Lanes 2-5	3:00 - 5:15p.m. Swimming Lessons Lanes 4-5	8:30 - 9:15 a.m. Water Exercise Lanes 3-5	10 a.m. - 2 p.m. Swimming Lessons Lanes 3-5 1/2 Wading Pool
11:10 a.m. - 1:00 p.m. Swimming lessons Lanes 3-5 and	9:30 - 11:45 a.m. ECC Lessons Lanes 1-2, 4-5	9:30 - 11:45 a.m. ECC Lessons Lanes 1-2, 4-5	11:45 a.m.- 12:30 p.m. Silver Splash Lanes 3-5	5:15 - 6:00 p.m. Water Exercise Lanes 3-5		
3:45 - 5:00 p.m. Sabes Swim Club Lanes 1-4 Last Day May 17	11:45 a.m.- 12:30 p.m. Silver Splash Lanes 3-5	3:00 - 5:15 p.m. Swimming Lessons Lanes 4-5	3:30 - 4:45 p.m. Sabes Swim Club Lanes 1-4 Last Day May 13	7:00 - 8:00 p.m. MALE ONLY SWIM		
	1:30 - 2:10 p.m. St. John's Swimming Lanes 1-2, 4-5	3:30 - 5:15 p.m. Log Rolling Lanes 4-5 between shallow and deep	4:45 - 6:00 p.m. Sabes Swim Club Lanes 1-3 Last Day May 13			
	3:30 - 4:45 Sabes Swim Club Lanes 1-4 Last Day May 11	5:15 - 6:00 p.m. Water Exercise Lanes 3-5	5:00 - 6:40 p.m. Swim Lessons Lane 5			
	4:45 - 6:00 Sabes Swim Club Lanes 1-3 Last Day May 11		6:15 - 7:00 p.m. Prenatal Water Ex Lanes 1-3			
	5:00 - 6:45 p.m. Swim Lessons Lane 5		7:00 - 8:00 p.m. FEMALE ONLY SWIM			



May 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.