

Barbara Ziman-Pentelovitch

INDOOR Aquatics Center Schedule



February 2010

Aquatics Center Hours

Mon – Thurs: 6am-8pm
Friday: 6am-5:30pm
Sat/Sun: 8am-6pm

Please use this schedule as a general guide. Times and events may change, and the Sabes JCC reserves the right to change the schedule at any time.

See Our Website For
Special Events and Hours

www.sabesjcc.org



sabes jcc

Aquatics Center Programming and Available Lanes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a-8:30a Lap Swim/ Open Swim (3 Lap Lanes)	6:00a-8:30a Lap Swim/ Open Swim (3 Lap Lanes)	6:00a-8:30a Lap / Open Swim (3 Lap Lanes)	6:00a-10:00a Lap Swim/ Open Swim (3 Lap Lanes)	6:00a-8:30a Lap Swim/ Open Swim (3 Lap Lanes)	8:00a-9:30a Lap Swim/ Open Swim (3 Lap Lanes)	8:00a-9:45a Lap Swim/ Open Swim (3 Lap Lanes)
8:30a-9:15a Water Ex (1 Lap Lane)	8:30a-9:15a Water Exercise (1 Lap Lane)	8:30a-9:15a Water Ex (1 Lap Lane)	10:00a-10:30a Swimming Lessons (3 Lap Lanes)	8:30a-9:15a Water Exercise (1 Lap Lane)		
9:30a-11:45a ECC Lessons (1 Lap Lane)	9:30a-11:45a ECC Swimming Lessons (1 Lap Lane)	9:15a-11:45a Lap / Open Swim (3 Lap Lanes)	10:30a-3:25p Lap Swim/ Open Swim (3 Lap Lanes)	9:15a-5:30p Lap Swim/ Open Swim (3 Lap Lanes)	9:30a-12:00p Swimming Lessons (3 Lap Lanes)	9:45a-10:30a Water EXtreme! (1 Lap Lane)
11:45a-12:30p SilverSplash (2 Lap Lanes)	11:45a-3:00p Lap Swim/ Open Swim (3 Lap Lanes)	10:00a-10:30a Swimming Lessons (3 Lap Lanes)				10:30a-12:30p Swimming Lessons (2 Lap Lanes)
12:30p-1:30p Lap Swim/ Open Swim (3 Lap Lanes)		11:45a-12:30p SilverSplash (2 Lap Lanes)				
1:30p-2:15p Lessons (1-2 Lap Lanes)	3:00p-5:30p Swimming Lessons (2 Lap Lanes)	12:30p-1:30p Lap / Open Swim (3 Lap Lanes)	3:25p-6:00p Sabes Rays Swim Club (1 OPEN Lane 4:45-6:00)		12:00p-6:00p Lap Swim/ Open Swim (3 Lap Lanes)	12:30p-6:00p Lap Swim/ Open Swim (3 Lap Lanes)
2:15p-3:25p Lap Swim/ Open Swim (3 Lap Lanes)	5:30p-6:15p Water Exercise (2 Lap Lanes)	1:30p-2:15p Lessons (1-2 Lap Lanes)				
3:25p-6:00p Sabes Rays Swim Club NO OPEN LANES	6:30p-7:15p Pre-Natal Water Exercise (2 Lap Lanes)	2:15p-3:25p Lap Swim/ Open Swim (3 Lap Lanes)	6:10p-6:55p Water Exercise (2 Lap Lanes)			6:00-7:00 Master's Swim Team
6:00p-8:00p Lap Swim/ Open Swim (3 Lap Lanes)	7:15p-8:00p Lap Swim/ Open Swim (3 Lap Lanes)	3:25p-6:00p Sabes Rays Swim Club NO OPEN LANES	7:00p-8:00p MALE SWIM ONLY (3 Lap Lanes)			
	8:00-9:00 Master's Swim Team	6:00p-7:00p Lap / Open Swim (3 Lap Lanes)	8:05-9:05 Master's Swim Team			
		7:00p-8:00p FEMALE SWIM ONLY (3 Lap Lanes)				