

Barbara Ziman-Pentelovitch

# INDOOR Aquatics Center Schedule



**March 2010**

## Aquatics Center Hours

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

*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](http://www.sabesjcc.org)



sabes jcc

## Aquatics Center Programming and Available Lanes

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