Barbara Ziman-Pentelovitch

INDOOR

Aquatics Center Schedule

FEBRUARY 2012

Aquatics Center Hours

Mon: 5:30 am–9:30 pm
Tues: 5:30 am–8:00 pm
Wed: 5:30 am–9:30 pm
Thurs: 5:30 am–8:00 pm
Fri: 5:30 am–5:30 pm
Sat: 8 am–7:30 pm
Sun: 8 am–6:00 pm

Note change:

Thursdays, Special Olympics practices from 6-7pm.

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.

sabes jcc

See our website for special events and hours:

www.sabesjcc.org

Aquatics Center Programming and Available Lanes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-8:00a Adult Lap Swim	**5:30a-8:00a** Adult Lap Swim	**5:30a-8:00a** Adult Lap Swim	**5:30a-8:00a** Adult Lap Swim	**5:30a-8:00a** Adult Lap Swim	**8:00a-9:15a** Adult Lap Swim	**8:00a-9:00a** Adult Lap Swim
8:30a-9:15a Water Ex *(1 Lap Lane)*	**8:30a-9:15a** Water Exercise *(1 Lap Lane)*	**8:30a-9:15a** Water Exercise *(1 Lap Lane)*	**8:30a-9:15a** Water Exercise *(1 Lap Lane)*	**8:30a-9:15a** Water Ex *(1 Lap lane)*	**9:30a-1:00p** Group Lessons *(1 Lap Lane)*	**9:45a-10:30a** Water Exercise *(1Lap Lane)*
9:30a-11:30a ECC Lessons *(1 Lap Lane)*	**9:30a-12:00p** ECC Lessons *(1 Lap Lane)*	**10:00a-10:30a** Group Lessons *(3 Lap Lanes)*	**10:00a-10:30a** Group Lessons *(3 Lap Lanes)*			**10:30a-1:00p** Group Lessons *(1 Lap Lane)*
11:45a-12:30p Silver Splash *(2 Lap Lanes)*	**12:30p-2:00p** Swimming Lessons *(1 Lap Lane)*	**2:45p-3:15p** Group Lessons *(3 Lap Lanes)*	**11:00a-11:30a** Group Lessons *(3 Lap Lanes)*		**1:00p-2:30p** Family Swim *(1 Lap Lane)*	**1:00p-2:30p** Family Swim *(1 Lap Lane)*
3:25p-6:05p Sabes Rays Swim Club *ENTIRE AQUATICS CENTER CLOSED*	**3:30p-7:00p** Group Lessons and Rays Prep *(1 Lap Lane)*	**3:25p-6:05p** Sabes Rays Swim Club *ENTIRE AQUATICS CENTER CLOSED*	**3:25p-6:00p** Sabes Rays Swim Club *ENTIRE AQUATICS CENTER CLOSED*	**3:15-4:15** Group Lessons *(3 Lap Lanes)* **4:30p-5:30p** Adult Lap Swim	**5:00p-7:00p** Adult Lap Swim	**3:00p-4:30p** Adult Lap Swim **4:30p-5:30p** Rays Prep *(1 Lap Lane)*
			6:00p-7:00p Special Olympics *ENTIRE AQUATICS CENTER CLOSED*			**6:00p-7:00p** Master's Swim Team
7:00p-9:30p Adult Lap Swim	**7:00p-8:00p** Adult Lap Swim	**7:00p-8:00p** *FEMALE SWIM ONLY*	**7:05p-8:00p** *MALE SWIM ONLY*			
	8:00p-9:00p Master's Swim Team	**8:05p-9:30p** Adult Lap Swim	**8:05p-9:05p** Master's Swim Team			

Unless noted **ALL** swimming times will have 3 lap lanes and 2 lanes for recreational swimming.

Please note different lesson times!

Join us for Family Swim on Saturdays and Sundays from 1:00-2:30pm.