


# Aquatics Center Schedule

# INDOOR

# June 19-30th, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00						See our website for special events & hours! <a href="http://www.sabesjcc.org">www.sabesjcc.org</a> Please use this as a general guide. We reserve the right to change the schedule at any time as needed. <b>**OVER FOR MORE INFO**</b>  sabes jcc	
6:00-7:00	<b>Lap Swim</b> 5:30a-8:30a (4 lap lanes open)	<b>Lap Swim</b> 5:30a-8:30a (4 lap lanes open)	<b>Lap Swim</b> 5:30a-8:30a (4 lap lanes open)	<b>Lap Swim</b> 5:30a-8:30a (4 lap lanes open)	<b>Lap Swim</b> 5:30a-8:30a (4 lap lanes open)		
7:00-8:00							
8:00-9:00	<b>Water Ex</b> 8:30a-9:15a (1 lap lane open)	<b>Water Ex</b> 8:30a-9:15a (1 lap lane open)	<b>Water Ex</b> 8:30a-9:15a (1 lap lane open)	<b>Water Ex</b> 8:30a-9:15a (1 lap lane open)	<b>Water Ex</b> 8:30a-9:15a (1 lap lane open)	<b>Lap Swim</b> 8:00a-9:30a (4 lap lanes open)	<b>Lap Swim</b> 8:00a-9:25a (4 lap lanes open)
9:00-10:00	<b>Open</b> <b>ECC Lessons</b> 9:30a-10:00a (1 lap lane)	<b>Open</b> <b>ECC Lessons</b> 9:30a-10:00a (1 lap lane)	<b>Open</b> <b>ECC Lessons</b> 9:30a-10:00a (1 lap lane)	<b>Open</b> <b>ECC Lessons</b> 9:30a-10:00a (1 lap lane)	<b>Open</b> <b>ECC Lessons</b> 9:30a-10:00a (1 lap lane)		
10:00-11:00	<b>CLOSED</b> 10:00a-12:00p	<b>CLOSED</b> 10:00a-12:00p	<b>CLOSED</b> 10:00a-12:00p	<b>CLOSED</b> 10:00a-12:00p	<b>CLOSED</b> 10:00a-12:00p	<b>Open</b> 9:30a-1:00p (3 lap, 2 rec lanes)	<b>Group Lessons</b> 9:25a-1:30p (1 lap lane open) <b>9:25a-10:00a</b> <b>NO LAP LANE</b> <b>NO REC LANE</b>
11:00-12:00	<b>ECC/Camp/Daycare Lessons</b>	<b>ECC/Camp/Daycare Lessons</b>	<b>ECC/Camp/Daycare Lessons</b>	<b>ECC/Camp/Daycare Lessons</b>	<b>ECC/Camp/Daycare Lessons</b>		
12:00-1:00	<b>Open</b> 12:00p-12:45p (3 lap, 2 rec lanes)	<b>Open</b> 12:00p-12:45p (3 lap, 2 rec lanes)	<b>Open</b> 12:00p-12:45p (3 lap, 2 rec lanes)	<b>Open</b> 12:00p-12:45p (3 lap, 2 rec lanes)	<b>Open</b> 12:00p-1:30p (3 lap, 2 rec lanes)		
1:00-2:00	<b>Daycare Lessons</b> 12:45p-1:30p (1 lap lane open)	<b>Group Lessons</b> 12:45-1:15 (3 lap lanes)	<b>Group Lessons</b> 12:45-1:15 (3 lap lanes)	<b>Group Lessons</b> 12:45-1:15 (3 lap lanes)			
		<b>Open</b>	<b>Open</b>	<b>Open</b>			
2:00-3:00	<b>CLOSED</b> 1:30p-3:30p	<b>CLOSED</b> 1:30p-3:30p	<b>CLOSED</b> 1:30p-3:30p	<b>CLOSED</b> 1:30p-3:30p	<b>CLOSED</b> 1:30p-3:30p	<b>Family Swim</b> 1:00p-3:00p (1 lap lane open)	<b>Family Swim</b> 1:30p-3:30p (1 lap lane open)
3:00-4:00		<b>Open</b> 3:30p-4:00p			<b>Group Lessons</b> 3:30p-5:10p (3 lap lane open) (1 rec lane open)	<b>Open</b> 3:00p-5:00p (3 lap, 2 rec lanes)	<b>Open</b> 3:30p-4:30p (3 lap, 2 rec lanes)
4:00-5:00		<b>Group Lessons</b> 4:00p-6:50p (2 lap lane open) (1 rec lane open)	<b>Open</b> 3:30p-7:00p (3 lap, 2 rec lanes)	<b>Open</b> 3:30p-7:00p (3 lap, 2 rec lanes)			<b>Group Lessons</b> 4:30p-5:30p (3 lap lanes open) (1 rec lane open)
5:00-6:00	<b>Open</b> 3:30p-8:00p (3 lap, 2 rec lanes)					<b>Open</b>	
6:00-7:00		<b>Open</b>			<b>CLOSED</b>	<b>CLOSED</b>	<b>Coach &amp; Train (\$)</b> 6:00p-7:00p (1 lap lane open)
7:00-8:00		<b>Coach &amp; Train (\$)</b> 7:00p-8:00p (1 lap lane open)	<b>FEMALE ONLY</b> 7:00p-8:00p (3 lap, 2 rec lanes) Lessons in rec area	<b>MALE ONLY</b> 7:00p-8:00p (3 lap, 2 rec lanes)	<b>Special Activities in JUNE:</b> <b>INDOOR Pool:</b> Camp Olami Swim: June 19-August 11 Group Lessons BEGIN: 6/27 <b>OUTDOOR Pool:</b> ** See Reverse Side for Details **		
8:00-9:00	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>			

**Aquatics Center Schedule**

**OUTDOOR**

**June 19-30th, 2017**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:00	<b>Water Ex</b> 8:30a-9:15a	<b>Water Ex</b> 8:30a-9:15a	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
9:00-10:00	Weather Permitting	Weather Permitting					
10:00-11:00	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
11:00-12:00							
12:00-1:00	<b>Open</b> 12:30p-8:00p	<b>Open</b> 12:30p-8:00p	<b>Open</b> 12:30p-8:00p	<b>Open</b> 12:30p-8:00p	<b>Open</b> 12:30p-5:30p	<b>Open</b> 11:00a-5:00p	<b>Open</b> 11:00a-7:00p
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
5:00-6:00							
6:00-7:00	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
7:00-8:00							
8:00-9:00	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>INDOOR Aquatics Center Hours</b>				<b>OUTDOOR Pool Hours</b>		<b>Special Activities in JUNE:</b>	
Monday	5:30a-10a 12p-1:30p 3:30p-8p			Monday	12:30p-8:00p	<b>OUTDOOR Pool:</b>	
Tuesday	5:30a-10a 12p-1:30p 3:30p-8p			Tuesday	12:30p-8:00p	<b>Daycare Swim:</b> Mon. 12:45p-1:30p	
Wednesday	5:30a-10a 12p-1:30p 3:30p-8p			Wednesday	12:30p-8:00p	<b>Summer Quest Swim:</b> M-F 1:30p-2:30p	
Thursday	5:30a-10a 12p-1:30p 3:30p-8p			Thursday	12:30p-8:00p	<b>Theater Swim:</b> Fri. 2:30p-3:30p	
Friday	5:30a-10a 12p-1:30p 3:30p-5:30p			Friday	12:30p-5:30p	<b>Olami Swim:</b> Tu-Th 2:30p-3:30p	
Saturday	8:00a-5:00p			Saturday	11:00a - 5:00p	<b>St. David's Swim:</b> Wed. 12:30p-1:30p	
Sunday	8:00a-7:00p			Sunday	11:00a - 7:00p		

<b>Code</b>	<b>Description</b>
Camp	- Entire Aquatics Center CLOSED during lessons and free swim
ECC / Daycare	- Large group youth swim lessons. Limited Lap Swim Available
Water Ex	- Organized Water exercise class. Limited Lap Swim Available
Coach & Train	- Swim practice with trainer Tom Alcivar and instructor Analyah Schlaeger dos Santos; technique, form, workouts, endurance training, triathlon strategies, etc. This is a fee based program (\$).
Swim Team	- Practice for the Tidal Waves swim team. Limited Lap Swim Available
Group Lessons	- Areas of the pool will be used for small group swimming lessons. Lap lanes may be restricted. *** Number of lap/rec lanes available are indicated below time.***
Family	- Children and families are encouraged to come. Limited Lap Swim Available.
Lap Swim	- Continuous lap swimming for swimmers of all ages and abilities. Recreation swimming is not available
Open	- 3 lanes available for lap swimming and 2 lanes for recreational swimming. Everyone is welcome