


Aquatics Center Schedule

INDOOR

July 1-31st, 2017

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

Aquatics Center Schedule

OUTDOOR

July 1-31st, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:00	Water Ex 8:30a-9:15a	Water Ex 8:30a-9:15a	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
9:00-10:00	Weather Permitting	Weather Permitting					
10:00-11:00	CLOSED	CLOSED					
11:00-12:00							
12:00-1:00	Open 12:30p-8:00p	Open 12:30p-8:00p	Open 12:30p-8:00p	Open 12:30p-8:00p	Open 12:30p-5:30p	Open 11:00a-5:00p	Open 11:00a-7:00p
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
6:00-7:00							
7:00-8:00	CLOSED	CLOSED	Female ONLY 7:00p-8:00p	Male ONLY 7:00p-8:00p	CLOSED	CLOSED	CLOSED
8:00-9:00							
INDOOR Aquatics Center Hours			OUTDOOR Pool Hours			Special Activities in JULY:	
Monday	5:30a-10a 12p-1:30p 3:30p-8p		Monday	12:30p-8:00p		OUTDOOR Pool:	
Tuesday	5:30a-10a 12p-1:30p 3:30p-8p		Tuesday	12:30p-8:00p		Daycare Swim: Mon. 12:45p-2:15p	
Wednesday	5:30a-10a 12p-1:30p 3:30p-8p		Wednesday	12:30p-8:00p		Summer Quest Swim: M-F 1:30p-2:30p	
Thursday	5:30a-10a 12p-1:30p 3:30p-8p		Thursday	12:30p-8:00p		Olami Swim: Tu-Th 2:30p-3:30p	
Friday	5:30a-10a 12p-1:30p 3:30p-5:30p		Friday	12:30p-5:30p		Theater Swim: Fri. 2:30p-3:30p	
Saturday	8:00a-5:00p		Saturday	11:00a - 5:00p		St. David's Swim:	
Sunday	8:00a-7:00p		Sunday	11:00a - 7:00p		Tu 11th. 12:30-1:30, W 26th, 12:30-1:30	

4th of JULY: INDOOR POOL Open 8:00a - 1:30p
OUTDOOR POOL Open 11:00a-1:30p

Code	Description
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