


# Aquatics Center Schedule

# INDOOR

# September 18-30th, 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)		
9:00-10:00							
10:00-11:00							
11:00-12:00	<b>Open</b> 9:15a-1:30p (3 lap, 2 rec lanes)	<b>Open</b> 9:15a-1:30p (3 lap, 2 rec lanes)	<b>Open</b> 9:15a-1:30p (3 lap, 2 rec lanes)	<b>Open</b> 9:15a-1:30p (3 lap, 2 rec lanes)	<b>Open</b> 9:15a-1:30p (3 lap, 2 rec lanes)	<b>Open</b> 9:30a-1:00p (3 lap, 2 rec lanes)	<b>Open</b> 9:30a-1:30p (3 lap, 2 rec lanes)
12:00-1:00							
1:00-2:00							
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							
4:00-5:00		<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>Open</b> 3:30p-7:00p (3 lap, 2 rec lanes)	<b>Open</b> 3:30p-5:30p (3 lap, 2 rec lanes)	<b>Open</b> 3:00p-5:00p (3 lap, 2 rec lanes)	<b>Open</b> 3:30p-6:00p (3 lap, 2 rec lanes)
5:00-6:00	<b>Open</b> 3:30p-8:00p (3 lap, 2 rec lanes)						
6:00-7:00					<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><u>Special Activities in SEPTEMBER:</u></b> SwimPossible lessons: 9/24 1:30-4:30, 1 lap lane		
8:00-9:00	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>			

INDOOR Aquatics Center Hours	
Monday	5:30a-10a 12p-1:30p 3:30p-8p
Tuesday	5:30a-10a 12p-1:30p 3:30p-8p
Wednesday	5:30a-10a 12p-1:30p 3:30p-8p
Thursday	5:30a-10a 12p-1:30p 3:30p-8p
Friday	5:30a-10a 12p-1:30p 3:30p-5:30p
Saturday	8:00a-5:00p
Sunday	8:00a-7:00p

**Rosh Hashana:**  
**Yom Kippur:**

**9/20 Close @ 1:30p; 9/21 & 9/22 CLOSED**  
**9/29 Close @1:30p; 9/30 CLOSED**

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

## POOL CLOSURE FOR ROUTINE MAINTENANCE

The Sabes JCC indoor pools  
will be closed September 5 – 17  
for annual cleaning and maintenance.

The pools will reopen at 5:30am on  
Monday, September 18th.



sabes jcc  
minneapolis