

# JANUARY 2019

# indoor pool schedule

MONDAY					
TIME	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
5:30 - 8:30am	Lap				Open
8:30 - 9:30am	Lap	Water Ex			
9:30 - 1:30pm	Grp Lessons	Lap	Open		
1:30 - 3:30pm	Lap				Open
3:30 - 7:00pm	Grp Lessons	Swim Team	Open		
7:00 - 8:00pm	Grp Lessons	Lap	Open		

TUESDAY					
TIME	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
5:30 - 8:30am	Lap				Open
8:30 - 9:30am	Lap	Water Ex			
9:30 - 12:00pm	Lap	ECC Lessons			
12:00 - 1:30pm	Grp Lessons	Lap	Open		
1:30 - 3:30pm	Lap				Open
3:30 - 6:00pm	Grp Lessons	Swim Team	Open		
6:00 - 7:00pm	Masters				Open
7:05 - 8:00pm	Lap				Open

WEDNESDAY					
TIME	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
5:30 - 8:30am	Lap				Open
8:30 - 9:30am	Grp Lessons	Water Ex			
9:30 - 12:00pm	Lap	ECC Lessons			
12:00 - 1:30pm	Grp Lessons	Lap	Open		
1:30 - 3:30pm	Lap				Open
3:30 - 6:30pm	Swim Team	Lap			Open
6:30 - 7:00pm	Lap				Open
7:00 - 8:00pm	Female Only Swim				

THURSDAY					
TIME	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
5:30 - 8:30am	Lap				Open
8:30 - 9:30am	Grp Lessons	Water Ex			
9:30 - 1:30pm	Grp Lessons	Lap	Open		
1:30 - 3:30pm	Lap				Open
3:30 - 6:00pm	Grp Lessons	Swim Team	Lap	Open	
6:00 - 7:00pm	Masters				Open
7:00 - 8:00pm	Male Only Swim				

FRIDAY					
TIME	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
5:30 - 8:30am	Lap				Open
8:30 - 9:30am	Lap	Water Ex			
9:30 - 1:30pm	Grp Lessons	Lap	Open		
1:30 - 3:30pm	Lap				Open
3:30 - 5:30pm	Lap				Open

SATURDAY					
TIME	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
8:00 - 10:00am	Lap				Open
10:00 - 5:00pm	Grp Lessons	Lap	Open		

SUNDAY					
TIME	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
8:00 - 9:25am	Lap				Open
9:25 - 2:15pm	Grp Lessons				
2:15 - 6:00pm	Grp Lessons				Open
6:00 - 7:00pm	Lap				Open

## Special Events

January 1 - Hours of Operation  
8:00-1:30pm

January 1 - 6 from 8:00-1:30pm  
Lifeguard Class  
(2 Class Lanes Used)

January 7 from 5:00-7:00pm  
Inclusion Sensory Friendly Swim

January 20 from 2:30-4:00pm  
FREE Stroke Sampler Class  
(2 Lap Lanes Used)

January 22 from 6:00-7:30pm  
FREE Stroke Sampler Class  
(2 Lap Lanes Used)

January 23 from 7:00-8:30pm  
FREE Stroke Sampler Class  
(2 Lap Lanes Used)

January 27 from 2:15-7:00pm  
Indoor Triathlon  
ENTIRE POOL CLOSED

## Indoor Pool Hours

Monday - Thursday:  
5:30am-1:30pm & 3:30pm-8:00pm

Friday:  
5:30am-1:30pm & 3:30pm-5:30pm

Saturday:  
8am-5:00pm

Sunday:  
8am-7:00pm

Questions? Contact Mikaela Bagley at [mbagley@sabesjcc.org](mailto:mbagley@sabesjcc.org)



sabes jcc  
minneapolis

Please use this schedule as a general guide.  
This schedule is subject to change at any time with no or limited notice.

sabesjcc.org