

# MARCH 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	Lap	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
3:15 - 4:00pm	Water Ex				
4:00 - 6:30pm	Swim Team	Grp Lessons	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	Open		
6:00 - 7:00pm	Masters	Lap	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	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 - 11:00am	Grp Lessons	Water Ex			
11:00 - 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

- March 3 from 2:30-4:00pm  
Freestyle Workshop  
(2 Lap Lanes Used)
- March 4 from 5:00-7:00pm  
Inclusion Sensory Friendly Swim
- March 10 from 2:30-4:00pm  
Freestyle Workshop  
(2 Lap Lanes Used)
- March 24 from 8:00-9:15am  
Tri-Training  
(2 Lap Lanes Used)

## Indoor Pool Hours

- Monday - Thursday:  
5:30am-8:00pm
- Friday:  
5:30am-5:30pm
- Saturday:  
8am-5:00pm
- Sunday:  
8am-7:00pm

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



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

[sabesjcc.org](http://sabesjcc.org)