

SEPTEMBER, 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	Grp Lessons	Water Ex			
9:30 - 12:30pm	Grp Lessons	Lap	Open		
12:30 - 2:30pm	Open	St. John's			
2:30 - 3:30pm	Lap				Open
3:30 - 6:00pm	Grp Lessons	Team	Open		
6:00 - 8:00pm	Grp Lessons	Lap	Open		

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 - 5:00pm	Team	Lap	Open		
5:00 - 6:00pm	Team	Lap	Open		
6:00 - 7:00pm	Masters	Lap	Open		
7:00 - 8:00pm	Male Only Swim				

TUESDAY					
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 - 12:15pm	Open	ECC			
12:15 - 1:30pm	Grp Lessons	Lap	Open		
1:30 - 3:30pm	Lap				Open
3:30 - 6:00pm	Team	Grp Lessons	Open		
6:00 - 7:00pm	Masters	Lap	Open		
7:00 - 8:00pm	Lap				Open

FRIDAY					
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 - 12:30pm	Grp Lessons	Lap	Open		
12:30 - 1:30pm	Grp Lessons	Lap	Open		
1:30 - 3:30pm	Lap				Open
3:30 - 5:30pm	Grp Lessons	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 - 12:15am	Open	ECC			
12:15 - 1:30pm	Grp Lessons	Lap	Open		
1:30 - 3:30pm	Lap				Open
3:30 - 4:30pm	Water Ex				Team
4:30 - 5:00pm	Team	Lap	Open		
5:00 - 7:00pm	Lap				Open
7:00 - 8:00pm	Female Only Swim				

SATURDAY					
TIME	Ln 1	Ln 2	Ln 3	Ln 4	Ln 5
8:00 - 9:00am	Lap				Open
9:00 - 10:00am	Grp Lessons	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 - 9:30am	Lap				Open
9:30 - 12:30pm	Grp Lessons				
12:30 - 5:30pm	Grp Lessons				Open
5:30 - 7:00pm	Lap				Open

Special Notes

September 2
Shortened Hours
Pool Open from 8:00-1:30pm

Indoor Pool Hours

Monday - Thursday:
5:30am-8:00pm

Friday:

5:30am-5:30pm

Saturday:

8am-5:00pm

Sunday:

8am-7:00pm

Outdoor Pool Hours

September 1: 11am-7pm

September 2: 10am-1:30pm

Questions or comments?

Contact Mikaela Bagley at 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.

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