

# MARCH 2020

## 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		

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 - 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 - 12:15am	Open	ECC			
12:15 - 1:30pm	Grp Lessons	Lap	Open		
1:30 - 3:30pm	Lap				Open
3:30 - 4:30pm	Water Ex			Team	Open
4:30 - 5:00pm	Team	Lap	Open		
5:00 - 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 - 5:00pm	Team	Grp Lessons	Open		
5:00 - 7:00pm	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	Grp Lessons	Water Ex			
9:30 - 1:30pm	Grp Lessons	Lap	Open		
1:30 - 5:30pm	Lap				Open

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 - 8:50am	Lap				Open
8:50 - 12:30pm	Grp Lessons				
12:30 - 6:00pm	Grp Lessons				Open
6:00 - 7:00pm	Lap				Open

### Special Notes

#### March 20

2 Lanes Reserved  
Triathlon Prep Class  
7:15AM - 8:30AM

#### March 22

2 Lanes Reserved  
Triathlon Prep Class  
8AM - 9:15AM

### Indoor Pool Hours

Monday - Thursday:

5:30am-8:00pm

Friday:

5:30am-5:30pm

Saturday:

8am-5:00pm

Sunday:

8am-7:00pm

### Questions or comments?

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.

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