


Aquatics Center Schedule

INDOOR

October 1-31st, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30-6:00						See our website for special events & hours! www.sabesjcc.org Please use this as a general guide. We reserve the right to change the schedule at any time as needed. **OVER FOR MORE INFO**  sabes jcc		
6:00-7:00	Lap Swim 5:30a-8:30a (4 lap lanes open)	Lap Swim 5:30a-8:30a (4 lap lanes open)	Lap Swim 5:30a-8:30a (4 lap lanes open)	Lap Swim 5:30a-8:30a (4 lap lanes open)	Lap Swim 5:30a-8:30a (4 lap lanes open)			
7:00-8:00								
8:00-9:00	Water Ex 8:30a-9:15a (1 lap lane open)	Water Ex 8:30a-9:15a (1 lap lane open)	Open 8:30a-9:30a (3 lap, 2 rec lanes)	Water Ex 8:30a-9:15a (1 lap lane open)	Water Ex 8:30a-9:15a (1 lap lane open)	Lap Swim 8:00a-9:30a (4 lap lanes open)	Lap Swim 8:00a-9:25a (4 lap lanes open)	
9:00-10:00	Open 9:15a-9:45a	Open			Open			
10:00-11:00	Group Lessons 9:45a-10:45a (3 lap lanes open)	ECC Lessons 9:30a-11:30p (1 lap lane open)	ECC Lessons 9:30a-12:00p (1 lap lane open)		Group Lessons 9:30a-11:10a (3 lap lanes open)			
11:00-12:00	Open 10:45a-12:45p (3 lap, 2 rec lanes)			Open 9:15a-1:30p (3 lap, 2 rec lanes)		Open 9:30a-1:00p (3 lap, 2 rec lanes)	Group Lessons 9:25a-1:30p (1 lap lane open) 9:25a-10:00a NO LAP LANE NO REC LANE	
12:00-1:00		Open 11:30a-1:30p (3 lap, 2 rec lanes)	Open 12:00p-1:30p (3 lap, 2 rec lanes)		Open 11:10a-1:30p (3 lap, 2 rec lanes)			
1:00-2:00	Group Lessons 12:45-1:15 (3 lap lanes)							
2:00-3:00	Open					Family Swim 1:00p-3:00p (1 lap lane open)		
3:00-4:00	CLOSED 1:30p-3:30p	CLOSED 1:30p-3:30p	CLOSED 1:30p-3:30p	CLOSED 1:30p-3:30p	CLOSED 1:30p-3:30p		1:30p-4:30p SwimPossible - 1 Lane Lessons - 1 Lane Lap Swim - 1 Lane Rec Swim - 2 Lane	
4:00-5:00		Open	Open 3:30p-7:00p (3 lap, 2 rec lanes)	Open 3:30p-7:00p (3 lap, 2 rec lanes)	Group Lessons 3:30p-5:10p (3 lap lane open) (1 rec lane open)	Open 3:00p-5:00p (3 lap, 2 rec lanes)	Group Lessons 4:30p-5:30p (2 lap lanes open) (2 rec lane open)	
5:00-6:00		Group Lessons 3:45p-6:35p (1 lap lane open) (1 rec lane open)			Open		Open 5:30p-6:00p	
6:00-7:00	Open 3:30p-8:00p (3 lap, 2 rec lanes)				CLOSED	CLOSED	Coach & Train (\$) 6:00p-7:00p (1 lap lane open)	
7:00-8:00		Open 6:35p-7:00p	Coach & Train (\$) 7:00p-8:00p (1 lap lane open)	FEMALE ONLY 7:00p-8:00p (3 lap, 2 rec lanes) Lessons in rec area	MALE ONLY 7:00p-8:00p (3 lap, 2 rec lanes) Lessons in rec area	Special Activities in OCTOBER:		
8:00-9:00	CLOSED	CLOSED	CLOSED	CLOSED				

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

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 instructor Analyah Schlaeger dos Santos; technique, form, workouts, endurance training, triathlon strategies, etc. This is a fee based program (\$).
SwimPosble	- "Swim Possible" swim Lessons. A contract group offering swim lessons for our inclusion population
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
Rec	- Recreational swim available for playing or exercise