



AQUATICS

SPRING 2019 POOL SCHEDULE

BEGINS: Wednesday March 13th, 2019 ENDS: Tuesday June 10th

Summer Schedule will be available June 1st, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 8:00	6:00 - 8:15	6:00 - 8:15	6:00 - 8:15	6:00 - 7:00	6:00 - 8:15	7:00 - 8:00
Masters Swim	Health Center Member ONLY Adult Lap	Health Center Member ONLY Adult Lap	Health Center Member ONLY Adult Lap	Masters Swim 2 Lanes 7:00 - 8:15 HC Adult Lap	Health Center Member ONLY Adult Lap	Masters Swim 8:00 - 8:30 2 Outer Lanes
8:00 - 9:30	8:15 - 10:00	8:15 - 10:00	8:15 - 9:25	8:15 - 10:00	8:15 - 9:00	8:30 - 9:30
Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap
9:30 - 10:00	10:00 - 11:00	10:00 - 12:00	9:30 - 11:30	10:00 - 11:00	9:00 - 11:30	9:30 - 10:00
SNE Group Swim 2 Lap Lanes	Aquacise Class 1 Lap Lanes	Open Swim Instruction 2 Lap Lanes	Closed for Nursery Swim	Aquacise Class 1 Lap Lanes	Little Goldfish TT Swim 2 Lap Lanes	SNE Group Swim 2 Lap Lanes
10:00 - 10:30	11:00 - 12:00		11:30 - 12:00	11:00 - 12:30	11:30 - 12:00	10:00 - 10:30
Little Goldfish Instruction 1 Lap Lanes	Open Swim Instruction 2 Lap Lanes	Open Swim Instruction 2 Lap Lanes	Open Swim Instruction 2 Lap Lanes	Open Swim Instruction 2 Lap Lanes	Open Swim Instruction 2 Lap Lanes	Little Goldfish Instruction 1 Lap Lanes
10:30 - 2:00	12:00 - 12:55	12:00 - 1:00	12:00 - 1:00	12:30 - 2:00	12:00 - 1:00	10:30 - 2:55
Open Swim Instruction 2 Lap Lanes	Adult Lap	Adult Lap	Adult Lap	Group Lessons	Adult Lap	Open Swim Instruction 2 Lap Lanes
After 1:00 please call ahead at x325 to confirm	1:00 - 2:30	1:00 - 2:30	1:00 - 3:25	TT Swim 2 Lap Lanes	1:00 - 5:00	
1:00-2:00 Birthday Parties!	2:30 - 3:25	2:30 - 3:25	Open Swim Instruction 2 Lap Lanes	2:00 - 3:25	Open Swim Instruction 2 Lap Lanes	
2:00 - 3:00	Open Swim Instruction 2 Lap Lanes	Open Swim Instruction 2 Lap Lanes	Open Swim Instruction 2 Lap Lanes	Open Swim Instruction 2 Lap Lanes	Open Swim Instruction 2 Lap Lanes	
3:00 - 6:00	3:30 - 5:15	3:30 - 5:15	3:30 - 5:15	3:30 - 5:15		3:00 - 4:30
CLOSED Pre-Team/ Team Practice	CLOSED for Group Lessons	CLOSED for Group Lessons	CLOSED for Group Lessons	CLOSED for Group Lessons		CLOSED for Group Lessons
AQUATIC STAFF: Director of Aquatics Marlena Rykala 472-3300 ext:312 rykalam@jccmw.org Aquatics Assistant Susan Mandel mandels@jccmw.org HEALTH CENTER Sunrise Swim M-F 6am-8:15am MASTER SWIM Sat 7am-8:30am Sun 7am-8am Tues 8pm-9pm Thurs 6am-7am	5:15 - 6:30	5:15 - 6:30	5:15 - 6:30	5:15 - 6:30	5:00 - 5:45	
	Open Swim Instruction 2 Lap Lanes	Open Swim Instruction 2 Lap Lanes	Open Swim Instruction 2 Lap Lanes	Open Swim Instruction 2 Lap Lanes	Adult Lap	
	6:30 - 7:00	6:00 - 7:00	6:30 - 8:30	6:30 - 7:30		
	Adult Lap	Adult Lap	CLOSED Swim Team	CLOSED Swim Team		
	7:00 - 9:00	7:00 - 8:00	8:30 - 9:45	7:30 - 9:45		
CLOSED Swim Team	CLOSED Swim Team	2 MASTERS 1 Lap Lane	Lifeguard Class 1 Lap Lane			
9:00 - 9:45	9:00 - 9:45	9:00 - 9:45	8:30 - 9:45			
Adult Lap	Adult Lap	Adult Lap	Adult Lap			

IMPORTANT REMINDERS:

Please Follow Safe Passing When Circle Swimming
ONLY PASS FROM DEEP END TO SHALLOW END

If no start date is listed then the program is on-going

When programs have NOT yet started, or have ended, the pool will be:

**Open Swim/Instructions
2 Lap Lanes**