

# Pool Schedule

7/1/10 - 8/14/10

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
7:00 - 9:00 (6 Lap Lanes)	5:30 - 9:30 Lap Swim	5:30 - 9:30 Lap Swim	5:30 - 9:20 Lap Swim	5:30 - 9:30 Lap Swim	5:30 - 9:30 Lap Swim	7:00 - 9:00 (6 Lap Lanes)
9:00 - 12:00 Swim Lessons (3 Lap Lanes, 1 Open Lane)	9:30 - 10:50 Nursery School (3 Lap Lanes, 1 Open Lane)	9:30 - 10:50 Nursery School (3 Lap Lanes, 1 Open Lane)	9:30 - 10:50 Nursery School (3 Lap Lanes, 1 Open Lane)	9:30 - 10:50 Nursery School (3 Lap Lanes, 1 Open Lane)	9:30 - 10:50 Nursery School (3 Lap Lanes, 1 Open Lane)	9:00-12:30 Open Swim (4 lap Lanes)
12:00 - 1:30 Open Swim (4 Lap Lanes, Birthday parties may be scheduled)	10:45 - 12:30 Aquacise 2 lap Lanes	11:00 - 12:30 Project swim 4 lap Lanes 1 open lane	10:45 - 12:30 Aquacise 2 lap Lanes	11:00 - 12:30 Project swim 4 lap Lanes 1 open lane	11:00 - 1:45 Aquacise (2 lap Lanes, 1 open lane)	12:30-1:00 Open Swim (4 lap Lanes)
1:00 - 4:45 (4 lap lanes, 2 open lane)	12:30 - 3:00 NS Swim 2 lap Lanes	12:30 - 3:00 NS Swim 2 lap Lanes	12:30 - 3:00 NS Swim 2 lap Lanes	12:30 - 3:00 NS Swim 2 lap Lanes	12:30 - 3:00 NS Swim 2 lap Lanes	1:00 - 2:00 Swim Lessons (1 open lane, 3 lap lanes)
	3:00 - 3:30 Open swim 5 lap Lanes 1 open lane	3:00 - 5:30 Open swim 5 lap Lanes 1 open lane	3:00 - 3:30 Open swim 5 lap Lanes 1 open lane	3:00 - 5:30 Open swim 5 lap Lanes 1 open lane	3:00 - 4:15 Open swim 5 lap Lanes 1 open lane	2:00 - 3:00 Synchronized Swimming (3 lap Lanes, 1 open lane)
	3:30 - 4:30 Swim lessons 3 lap Lanes 1 open lane	5:30-9:45 Swim Team (1 Open Lane, 1 Lap lane.)	3:30 - 4:30 Swim lessons 3 lap Lanes 1 open lane	5:30-9:45 Swim Team (1 Open Lane, 1 Lap lane.)	4:15-6:15 Swim Team (1 Open Lane, 1 Lap lane.)	3:00 - 5:45 Swim Team (2 lap lanes, 1 open lane)
	4:30-7:00 Swim Team 3 lap lanes		4:30-7:00 Swim Team 3 lap lanes			
	7:00 - 8:00 Swim Team 2 lap lanes		7:00 - 8:00 Swim Team 2 lap lanes			
	8:00-9:45 Swim Team 2 lap lanes		8:00-9:45 Swim Team 2 lap lanes			

- Open Swim – Free area for children and families to play
  - Aquacize- water aerobics class free for all members.
  - Lap Swim - Adults and/or children continuously swimming back & forth; Circle swim implemented w/3 or more swimmers.
- 1 paying class see program guide for more info.



Jewish Community Center of North Jersey

