















Winter 2010 Aquatics: January 4 - March 26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Adult Lap Swim 6:30-10:00	Adult Lap Swim 6:30-11:00	Adult Lap Swim 6:30-10:00	Adult Lap Swim 6:30-11:00	Adult Lap Swim 6:30-9:15	YOU BELONG HERE	
Adult Lap 8:30-12:00 1 lap lane	Strength Training/ Hydro-Tone  10:00-11:00 1 lap lane		Liquid Flow  10:00-11:00  1 lap lane		Mommy & Me 9:15-9:45 1 lap lane		Adult Lap 8:30-12:00
	Aqua Arthritis 11:00-12:00 1 lap lane	Aqua Aerobics 11:00-12:00	Aqua Arthritis 11:00-12:00 1 lap lane	Aqua Aerobics 11:00-12:00	Combat 10:00-11:00 1 lap lane		
					Aqua Arthritis 11:00-12:00 1 lap lane		
Open/Family 12:00-1:30 1 lap lane	Mommy & Me 12:00-12:30 1 lap lane	Adult Lap 12:00-1:30	Adult Lap 12:00-3:00	Adult Lap 12:00-1:00	Pump  12:00-1:00 1 lap lane	Open/Family 12:00-4:30 1 lap lane	
Swim Clinic/Team 1:30-2:45	Adult Lap 12:30-2:00	Kindergarten 1:30-2:15		Open/Family 1:00-2:15 1 lap lane	Adult Lap 1:00-3:00		
Lessons 3:00-4:00 1 lap lane	Open/Family 2:00-4:15 1 lap lane	Lessons 2:15-2:45	2:00-2:45  Pump/Combat	Butts & Gutts  2:15-2:45	Zumba  2:00-2:45		
	2:00-2:45  Pump/Combat	Open/Family 2:45-6:00 1 lap lane	Open/Family 3:00-4:15 1 lap lane	Adult Lap 2:15-4:00	Open/Family 3:00-6:00 1 lap lane		
Open/Family/Lesson 4:00-4:30 1 lap lane	Swim Clinic/Team 4:15-5:30	4:00-4:45  Family Zumba	Swim Team 4:15-5:30	Lessons 4:00-4:30			
				Swim Clinic/Team 4:45-6:00			
	Open/Family 5:30-7:00 1 lap lane	Pump  6:00-7:00 1 lap lane	Lessons 5:30-7:00 1 lap lane	Open/Family 6:00-7:00 1 lap lane			
	Adult Lap 7:00-9:30	Adult Lap 7:00-9:30	Adult Lap 7:00-9:30	Strength Training  7:00-8:00 1 lap lane			
 liquid pass: adults only				Adult Lap 8:00-9:30			
1 lap lane							
adult lap							



12.3.09

The JCC reserves the right to add additional classes during lap swim with a minimum of 1 lane for adult lap.
Pool closed for home swim meets December 13 and February 28. Please check website for updated schedules!