


Aquatics Center Schedule

INDOOR

May 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)	Water Ex 8:30a-9:15a (1 lap lane open)	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	Open	Open	Open 9:15a-10:30a (3 lap, 2 rec lanes)	Group Lessons 9:15a-10:20p (3 lap lanes open)	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
10:00-11:00	Group Lessons 9:30a-11:45a (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 10:30-11:00 (3 lap lanes)			
11:00-12:00	Open 11:45a-12:45p (3 lap, 2 rec lanes)	Open 11:30a-1:30p (3 lap, 2 rec lanes)	Open 12:00p-1:30p (3 lap, 2 rec lanes)	Open 11:00a-12:45p (3 lap, 2 rec lanes)	Open 10:20a-12:45p (3 lap, 2 rec lanes)		
12:00-1:00	Group Lessons 12:45-1:15 (3 lap lanes)			Group Lessons 12:45-1:15 (3 lap lanes)	Group Lessons 12:45-1:15 (3 lap lanes)		
1:00-2:00	Open			Open	Open	Family Swim 1:00p-3:00p (1 lap lane open)	Family Swim 1:30p-3:30p (1 lap lane open)
2:00-3:00	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		
3:00-4:00		Open				Open 3:00p-5:00p (3 lap, 2 rec lanes)	Open 3:30p-4:30p (3 lap, 2 rec lanes)
4:00-5:00		Group Lessons 3:45p-6:35p (2 lap lane open) (1 rec lane 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)		
5:00-6:00	Open 3:30p-8:00p (3 lap, 2 rec lanes)				Open	CLOSED	Open 4:30p-5:30p (3 lap lanes open) (1 rec lane open)
6:00-7:00		Open 6:35p-7:00p			CLOSED		Open 5:30p-6:00p
7:00-8:00		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)	<u>Special Activities in MAY:</u> St. David's Swim: 5/5 4:00p-5:00p - 2 rec lanes Triathlon Training: 5/13 9:00a-10:30a - 2 lap lane ECC Lessons END: 5/17 St. David's Swim: 5/19 4:00p-5:00p - 2 rec lanes No Group Lessons: 5/29 **OUTDOOR POOL OPENS: 5/27** **WEEKENDS ONLY-See Reverse for Hours**		
8:00-9:00	CLOSED	CLOSED	CLOSED	CLOSED			

Aquatics Center Schedule

OUTDOOR

May 1-31st, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
9:00-10:00							
10:00-11:00							
11:00-12:00						Open 11:00a-5:00p	Open 11:00a-7:00p
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00						CLOSED	
6:00-7:00							
7:00-8:00							
8:00-9:00							CLOSED

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

OUTDOOR Pool Hours	
Monday	CLOSED
Tuesday	CLOSED
Wednesday	CLOSED
Thursday	CLOSED
Friday	CLOSED
Saturday	11:00a - 5:00p
Sunday	11:00a - 7:00p

Memorial Day:

**INDOOR
OUTDOOR**

**OPEN 8:00a - 1:30p
OPEN 11:00a - 1:30p**

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 trainer Tom Alcivar and instructor Analyah Schlaeger dos Santos; technique, form, workouts, endurance training, triathlon strategies, etc. This is a fee based program (\$).
Swim Team	- Practice for the Tidal Waves swim team. Limited Lap Swim Available
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