

September Indoor Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-8:00am Adults Only (18+) (LL)	6:00am-8:45am Open Swim (LL)	6:00am-7:15am Adults Only (18+) (LL)	6:00am-8:45am Open Swim (LL)	6:00am-7:30am Adults Only (18+) (LL)	7:00am-9:00am Open Swim (LL)	7:00am-9:00am Adults Only (18+) (LL)
7:15am-8:15am Adult Swim Lessons	8:45am-9:45am Water Stretch Class	7:15am-8:15am Aquasculpt Class (\$)	8:45am-9:45am Water Stretch Class	7:30am-8:30am Aquasculpt Class (\$)	9:00am-2:00pm Swim Lessons	9:00am-2:00pm Swim Lessons
8:15am-8:45am Open Swim	10:00am-12:00pm Open Swim*	8:15am-8:45am Open Swim	10:00am-12:00pm Open Swim*	8:30am-8:45am Open Swim	2:00pm-7:00pm Open Swim	2:00pm-7:00pm Open Swim
8:45am-9:45am Aquacise Class	10:00am-12:00pm Swim Lessons	8:45am-9:45am Aquacise Class	10:00am-12:00pm Swim Lessons	8:45am-9:45am Aquacise Class	JCC Closes at 7:00pm	JCC Closes at 7:00pm
10:00am-12:00pm Swim Lessons	12:00pm-1:00pm Hydrotherapy Class (\$)	10:00am-12:00pm Swim Lessons	12:00pm-1:00pm Hydrotherapy Class (\$)	10:00am-12:00pm Swim Lessons		
12:00pm-1:00pm Hydrotherapy Class (\$)	1:00pm-2:00pm Adults Only (18+)	12:00pm-1:00pm Hydrotherapy Class (\$)	1:00pm-2:00pm Adults Only (18+)	12:00pm-1:00pm Hydrotherapy Class (\$)		
1:00pm-3:00pm Adults Only (18+)	2:00pm-3:00pm Arthritis Class (\$)	1:00pm-2:00pm Adults Only (18+)	2:00pm-3:00pm Arthritis Class (\$)	1:00pm-2:00pm Adults Only (18+)		
3:00pm-6:00pm Swim Lessons	3:00pm-6:00pm Swim Lessons	2:00pm-3:00pm Parkinson's Class (\$)	3:00pm-6:00pm Swim Lessons	2:00pm-6:00pm Swim Lessons		
6:00pm-8:00pm Open Swim	6:00pm-8:00pm Open Swim	3:00pm-8:00pm Swim Lessons	6:00pm-8:00pm Open Swim	6:00pm-7:00pm Open Swim		
JCC Closes at 8:00pm	JCC Closes at 8:00pm	JCC Closes at 8:00pm	JCC Closes at 8:00pm	JCC Closes at 7:00pm		

*Limited Open Swim During Swim Lessons