

MAIN POOL SCHEDULE Sept 10, 2007 - June 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	5:30 - 10:00 am Adult Lap Swim	5:30 - 9:30am Adult Lap Swim	5:30 - 10:00am Adult Lap Swim	5:30 - 9:30am Adult Lap Swim	5:30 - 10:00am Adult Lap Swim	CLOSED
7:00 - 10:00 am Adult Lap Swim	6:30-7:30am Drop-in Aerobics (1 Lane)	8:00 - 9:00am Drop-in Aerobics (1 Lane)	6:30-7:30 Drop-in Aerobics (1 Lane)	8:00 - 9:00 am Drop-in Aerobics (1 Lane)	6:30 - 7:30am Drop In Aerobics (1 Lane)	
10:00am - 1:45pm Adult / Child Family & Lap Swim	10:00am-3:00pm Adult / Child Family & Lap Swim	9:30 - 11:30am Women only 3 Lanes Swim 2 Lanes Aqua Aerobics Class	10:00am-3:30pm Adult / Child Family & Lap Swim	9:30 - 11:30am Women only 3 Lanes Swim 2 Lanes Aqua Aerobics Class	10:00am-7:30pm Adult / Child Family & Lap Swim	
1:50 -3:30pm Children's LTS Classes & Swim Team Practice*	11:00am- 12:00pm Pre-Natal Aqua Exercise Class (1 Lanes)	11:30am - 3:30pm Adult / Child Family & Lap Swim		11:30am - 3:00pm Adult / Child Family & Lap Swim		
3:30 - 6:00pm Adult / Child Family & Lap Swim	3:00-3:30pm Maintenance 3:30-6:30pm Children's LTS Classes & Swim Team Practice	3:30 - 6:30pm Children's LTS Classes & Swim Team Practice	3:30 - 6:30pm Children's LTS Classes & Swim Team Practice	3:00pm-3:30pm Maintenance 3:30-6:30pm Children's LTS Classes & Swim Team Practice	5:00 - 8:00pm Adult Lap Swim	
6:00 - 7:00pm Women's Only Swim & Water Exercise (2 Lanes)						
7:00 - 9:30pm Evening Adult Lap Swim	6:30 -7:30pm Adult/Child Family & Lap Swim	6:30 -7:30pm Adult/Child Family & Lap Swim	6:30 -7:30pm Adult/Child Family & Lap Swim	6:30 -7:30pm Adult/Child Family & Lap Swim	7:30 - 9:30pm Evening Adult Lap Swim	8:00 - 9:30pm*** Men Only Lap Swim
CLOSED	7:30 - 10:30pm Adult Lap Swim	7:30 - 10:30pm Adult Lap Swim & 1 Lane Class 9:30 -10:30 pm	7:30 - 10:30pm Adult Lap Swim & 1 Lane Class 7:30 8:30 pm	7:30 - 10:30pm Adult Lap Swim & 1 Lane Class 9:30 -10:30 pm	CLOSED	

*Private Lessons may be held during any age appropriate times

**When Classes are not in session and/or during holiday seasons all Lap lanes will become "Family / Adult Lap Swim"

*** Fall Daylight Savings Time pool closes at 9:30pm/Spring Daylight Savings Time Pool Closes at 10:30pm

For Schedule Updates Please go to the JCC in Manhattan's website:

www.jccmanhattan.org

