

MAIN POOL SCHEDULE Fall/Winter/Spring 2011-2012 September 6, 2011-June 8, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Opens at 7am	5:30 - 10:00 am Adult Lap Swim	5:30 - 10:25am Adult Lap Swim	5:30 - 10:00am Adult Lap Swim	5:30 - 9:25am Adult Lap Swim	5:30 - 10:00am Adult Lap Swim	Pool Opens at 7am
7:00 - 10:00 am Adult Lap Swim	6:30-7:30am Drop-in Aerobics (1 Lane)	8:00 - 9:00am (1 lane) 9:30-10:30am (1 or 2 lanes) Drop-in Aerobics	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)	7:00 - 10:00am Adult Lap Swim
10 am - 12:40pm Adult / Child Family & Lap Swim	10:00am-3:00pm Adult / Child Family & Lap Swim 11:00am-12:00pm Pre-Natal Aqua Exercise Class (1 Lane)	10:30-11:30am Women Only 1 or 2 lanes Aqua Aerobics class Remaining lanes for lap swim	10:00am-3:25pm Adult / Child Family & Lap Swim	9:30 - 11:30am Women Only 1 or 2 Lanes Aqua Aerobics Class 9:30-10:30 10:30-11:30 Remaining lanes for lap swim	10:00am-6:30pm Adult / Child Family & Lap Swim 4:00-6:30p Family Swim 2 lanes	CLOSED Saturday Morning Partners 10am - 12pm
12:45 -2:30pm Children's LTS Classes & Swim Team Practice*		11:30am-3:25pm Adult / Child Family & Lap Swim		11:30am - 3:00pm Adult / Child Family & Lap Swim		12 - 12:30pm Maintenance
2:30 - 5:30pm Adult / Child Family & Lap Swim 2 lanes Lap Swim 2 lanes Families 1 lane Lessons	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	3:00pm-3:30pm Maintenance	5:30 - 9:30pm Adult Lap Swim	
6:00-7:00pm Women's Only	3:30-6:30pm Children's LTS Classes & Swim Team Practice			3:30-6pm Children's LTS Classes & Swim Team Practice		
7:15 - 8:30pm Men's Only Swim	6:30-10:30pm Adult Lap Swim 6:30-7:30pm Swim lessons by appointment 7:30-8:30pm Adult LTS 1 Lane	6:30-10:30pm Adult Lap Swim 6:30-8:00pm Advanced Swim Team 1 Lane 8:00-9:00pm 9:00-10:00pm Adult Class 2 lanes	6:30-10:30pm Adult Lap Swim 6:30-7:30pm Swim lessons by appointment 7:30-8:30pm Adult LTS 1 Lane	6:00-10:30pm Adult Lap Swim 6:00-7:30pm Advanced Swim Team 1 Lane	6:30 - 9:30pm Adult Lap Swim	
8:30-9:30pm Adult Lap Swim					CLOSED	CLOSED

For Schedule updates please go to the website: www.jccmanhattan.org

*Private Lessons may be held, by appointment, during any age appropriate times.

**When Classes are not in session designated Lap lanes will become "Family / Adult Lap Swim" 10am M-W-F & 11:30 Tu-Thu
During Holidays with amended hours please consult posted 'schedule change' signs.

The Main Pool will be closed from 1:30pm-5:30pm for Home Swim Meets on the following Sundays: Jan. 8 and Jan. 29, 2012

TRAINING POOL WINTER/SPRING 2012 September 6, 2011 - June 8, 2012 Revised1/26/12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Pool Opens at 7am	5:30 - 8:00 AM Adult Swim 4.0ft.	5:30 - 8:00 AM Adult Swim 4.0ft.	5:30 - 8:00 AM Adult Swim 4.0ft.	5:30 - 8:00 AM Adult Swim 4.0ft.	5:30 - 8:00 AM Adult Swim 3.5ft.	Pool Opens at 7am		
7:00 - 8:00 AM Adult Swim 3.5ft.- 4.0ft.								
8:00am - 2:30 PM Children & Toddler's LTS classes (please refer to brochure for exact class times and names)	8:00am-12:00pm Children & Toddler's LTS classes (please refer to brochure for exact class times and names)	8:00 - 9:00 AM Children & Toddler's LTS classes (please refer to brochure for exact class times and names)	8:00 - 11:30am Children's & Toddler's LTS classes (please refer to brochure for exact class times and names)	8:00 - 9:00am Children & Toddler's LTS classes (please refer to brochure for exact class times and names)	8:00 - 11:30am Children & Toddler's LTS classes (please refer to brochure for exact class times and names)	7:00- 9:00 am Adults Only 3.5ft. - 4.0ft.		
		9:00-10:00am Parkinsons Aqua Program		9:30 - 10:30 AM Women's Only (Breast Cancer Survivor Program) 3.5ft.				
		10:00-10:25am Open Adult Swim 4.0ft.						
		10:30-11:30am Women Only 3.5ft.		10:30 -11:30 AM Womens Only Open Swim 3.5ft				
	12:00pm-1:00pm Post Natal Class		11:30am-12:30pm Arthritis Water Exercise (Registered) 3.5 ft.				CLOSED Saturday Morning Partners 9 am - 12pm Lessons by Appointment Only	
	1:00pm-3:00pm Open Family Private Lessons 2.5ft. - 4.0 ft.	11:30am-3:25pm Open Family Swim & Private Lessons 2.5ft. - 4.0 ft (based on pool activity)	12:30 - 2:55 PM Open Family Private Lessons 2.5ft.-4.0ft. (based on pool activity)	11:30am-3:00pm Open Family Swim & Private Lessons 2.5ft. - 4.0 ft (based on pool activity)	11:30am-12:30pm 12:30pm-1:30pm Arthritis Water Exercise (Registered) 3.5 ft.			
	3:00 - 3:30 PM Maintenance		3:00 - 3:30pm Little Fish	3:00 -3:30 pm Maintenance				12-12:30pm Maintenance
	3:30 - 4:00pm Diving Dolphins	3:30 - 4:00pm Tiny Turtles	3:30 - 4:00pm Diving Dolphins	3:30 - 4:00pm Diving Dolphins	3:30 - 4:00pm Little Fish			12:30 - 5:30 PM Open Family 2.5ft.
	4:00 - 4:30pm Diving Dolphins	4:00 - 4:30pm Diving Dolphins	4:00 - 4:30pm Diving Dolphins	4:00 - 4:30pm Diving Dolphins			1:30 - 6:30 pm Open Family Private Lessons 2.5ft.-3.0ft.	
	2:30 - 5:30 PM Open Family and Private Lessons 2.5ft. - 4.0ft.	4:30 - 6:00 PM Open Family Swim & Private Lessons 2.5.ft	4:30 - 6:00 PM Open Family Swim & Private Lessons 2.5.ft	4:30 - 6:00 PM Open Family Swim & Private Lessons 2.5.ft	4:30 - 6:00 PM Open Family Swim & Private Lessons 2.5.ft			
6:00 - 7:00 PM Women's Only Aqua Class 4.0ft.	6:05 - 7:05 PM Water Ex I (Drop in) 3.5ft.	6:10 - 7:10 PM Water Ex (Drop in) 3.5ft.	6:10 - 7:10 PM Water Ex (Drop in) 3.5ft.	6:05 - 7:05 PM Water Ex I (Drop in) 3.5ft.	6:30 - 9 :30pm Adult Swim 3.5ft - 4.0ft.	5:30 - 9:30 PM Adult Swim 3.5ft.- 4.0ft.		
7:15-8:30 PM Men's Only 4.0ft	7:10 - 8:10 PM Water Ex II (Drop in) 3.5ft.	7:10 - 7:40 PM Aqua Pilates (Drop in) 3.5ft.	7:30 - 10:30 PM Adult Swim 3.5ft. - 4.0ft.	7:10 - 8:10 PM Water Ex II (Drop in) 3.5ft.				
8:30 -9:30PM Adult Swim 3.5ft - 4.0ft.	8:10 - 10:30 PM Adult Swim 3.5ft - 4.0ft.	7:40 - 10:30 PM Adults Only 3.5ft. - 4.0ft.			8:10 - 10:30 PM Adult Swim 3.5ft. - 4.0ft.	CLOSED	CLOSED	

*Private Lessons may be held during any age appropriate times.

**When the Baby & Toddler classes are not in session and/or during Holidays the time slots will become open family and private swim lesson time beginning at 10am M-W-F and 11:30 Tue-Thu.

