

Main Pool Schedule Summer 2011 (June 27-August 18)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Opens at 7:00 am						Pool Opens at 7:00 am
7:00-10:00 am Adult Lap Swim	5:30-9:20 am Adult Lap Swim 6:30-7:30 am Drop-in Aerobics (1 Lane)	5:30-10:30 am Adult Lap Swim 8:00-9:00 am Drop-in Aerobics (1 Lane) 9:30-10:30 am Drop-in Aerobics (2 lanes)	5:30-10:00 am Adult Lap Swim 6:30-7:30 am Drop-in Aerobics (1 Lane)	5:30 - 9:30 am Adult Lap Swim 8:00-9:00 am Drop-in Aerobics (1 Lane)	5:30-9:20 am Adult Lap Swim 6:30-7:30 am Drop In Aerobics (1 Lane)	7:00-10:00 am Adult Lap Swim
						Achilles Athletes 10 am-noon CLOSED
	9:20 am-1:30 pm Adult Lap Swim 3 Lanes Camp 2 Lanes	10:30-11:30 am Women only (Adults only) 3 Lanes Lap Swim 2 Lanes Aqua Aerobics Class 10:30-11:30 am	10:00 am - 1:30 pm Adult Lap Swim 3 Lanes Camp 2 Lanes	9:30-11:30 am Women only (Adults only) 3 Lanes Lap Swim 2 lanes Aqua Aerobics Class 9:30-10:30 am 10:30-11:30 am	9:20 am -1:30 pm Adult Lap Swim 3 Lanes Camp 2 Lanes	noon-12:30 pm Maintenance
10:00 am - 5:55 pm Adult / Child Family Swim	1:30-2:15 pm POOL CLOSED FOR CAMP ****	11:30 am-1:30 pm Adult Swim Camp 2 lanes	1:30-2:15 pm POOL CLOSED FOR CAMP ****	11:30 am-1:30 pm Adult Swim Camp 2 lanes	1:30-2:15 pm POOL CLOSED FOR CAMP ****	
	2:15-3:30 pm Adult Lap Swim 3 lanes Camp 2 Lanes	1:30-2:15 pm POOL CLOSED FOR CAMP ****	2:15-3:30 pm Adult Lap Swim 3 lanes Camp 2 Lanes	1:30-2:15 pm POOL CLOSED FOR CAMP ****	2:15-3:30 pm Adult Lap Swim 3 lanes Camp 2 Lanes	12:30-5:30 pm Adult/Child Family & Lap Swim
	3:30-4:00 pm Maintenance	2:15-3:30 pm Adult Lap Swim 3 lanes Camp 2 Lanes	3:30-4:00 pm Maintenance	2:15-3:30 pm Adult Lap Swim 3 lanes Camp 2 Lanes	3:30-4:00 pm Maintenance	
6:00-7:00 pm Women Only (Adults only)	4:00-7:30 pm Adult/Child Family Swim	3:30-7:30 pm Adult/Child Family Swim	4:00-7:30 pm Adult/Child Family Swim	3:30-7:30 pm Adult/Child Family Swim	4:00-7:30 pm Adult/Child Family Swim	
7:15-8:30 pm Men Only (Adults only)						
8:30-9:30 pm Adult Swim	7:30-10:30 pm Adult Lap Swim 7:30-8:30 pm Adult LTS	7:30-10:30 pm Evening Adult Lap Swim	7:30-10:30 pm Adult Lap Swim	7:30-10:30 pm Adult Lap Swim 8:00-9:30 pm Masters Swim Clinic 2 lanes	7:30-9:30 pm Adult Lap Swim	5:30-9:30 pm Adult Lap Swim
CLOSED					CLOSED	CLOSED

*Private Lessons may be held during any age appropriate times

**JCC Camp dates are from June 27th to Aug 18th

****** The main pool will be closed from 1-2:15 pm for camp group on:**

Tuesday, July 26, August 2 and Thursday, July 28, August 4 & 9

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

www.jccmanhattan.org/healthclub

When classes/camp are not in session the time slots become open family/private lesson times beginning 10 am Mon-Wed-Fri and 11:30 am Tue-Thu

ANNUAL MAINTENANCE CLOSING BEGINS AUGUST 19, AND REOPENS SEPTEMBER 6, 2011

Training Pool Schedule Summer 2011 (June 12th-August 18th)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Pool Opens at 7:00 am	5:30-8:30 am Adult Swim 4ft.	5:30-8:00 am Adult Swim 3.5ft.	5:30-8:00 am Adult Swim 4ft.	5:30-8:00 am Adult Swim 3.5ft.	5:30-8:00 am Adult Swim 4.0ft.	Pool Opens at 7:00 am		
7:00-8:00 am Adult Swim 3.5ft.						7:00-9:00 am Adult Swimming 4.0 ft.		
8:00 am-2:30 pm Baby & Toddler LTS classes (Refer to Program guide for exact class names/times)	8:30-10:00 am Baby & Toddler LTS Classes (Refer to Program guide for exact class names/times)	8:00-9:00 am Baby & Toddler LTS Classes	8:00-10:00 am Baby & Toddler LTS Classes (Refer to Program guide for exact class names/times)	8:00-9:00 am Baby & Toddler LTS classes (Refer to Program guide for exact class names/times)	8:00-10:00 am Baby & Toddler LTS Classes (Refer to Program guide for exact class names/times)	9:00 am-noon Private Swim Lessons by Appointment Only		
	JCC CAMP 10 am-noon	9:00-10:00 am Parkinsons Aqua Program	JCC CAMP 10 am-noon	9:30-10:30 am Women's only (Breast Cancer Survivor Program)	JCC CAMP 10 am-noon		9:00 am-noon Private Swim Lessons by Appointment Only	
		10:00-10:25 am Open Adult Swim		10:30-11:30 am Women's Only (Adults) Open Swim 3.5 ft.				10:30-11:30 am Women's Only (Adults) Open Swim 3.5 ft.
	noon-1:30 pm Registered Group	11:30 am-1:30 pm JCC CAMP	noon-1:00 pm Arthritis Water Ex (Registered) 3.5ft.	11:30 am-1:30 pm JCC CAMP	noon-1:00 pm Arthritis Water Ex (Registered) 4.0ft.			noon-12:30 pm Maintenance
	1:30-2:00 pm Maintenance		1:00-1:45 pm Registered Group		1:00-2:00 pm Arthritis Water Ex (Registered) 4.0ft.			12:30-5:30 pm Open Family Swim Private Lessons 2.5 ft.
	2:00-6:00 pm Open Family Swim and Private Lessons 2.5ft	1:30-6:00 pm Open Family Swim and Private Lessons 2.5ft.	1:45-6:00 pm Open Family Swim Private Lessons 2.5ft.	2:00-6:00 pm Open Family Swim Private Lessons 2.5ft.	2:00-7:30 pm Open Family & Private Lessons 2.5ft.			
	2:30-5:55 pm Open Family Swim and Private Lessons 2.5ft.	6:05-7:05 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 (Drop in) 3.5ft.				
	6:00-7:00 pm Women's Only Aqua Class 3.5ft./ 4.0 ft	7:10-8:10 pm Water Ex (Drop in) 3.5ft.	7:10-7:40 pm Aqua Pilates (drop in) 3.5ft	7:10-8:10 pm Water Ex (Drop in) 3.5ft.	2:00-7:30 pm Open Family & Private Lessons 2.5ft.			
	7:15-8:30 pm Men Only Swim (Adults) 4.0 ft							2:00-7:30 pm Open Family & Private Lessons 2.5ft.
	8:30-9:30 pm Open Adult Swim 4.0ft	8:10-10:30 pm Open Adult Swim 4.0ft.	7:40-10:30 pm Adults Only 4.0ft.	7:10-10:30 pm Open Adult Swim 4.0ft.	7:30-9:30 pm Open Adult Swim 4.0ft.			
CLOSED					CLOSED	CLOSED		

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

When classes and camp are not in session the time slots will become open family & private lesson times beginning 10 am Mon-Wed-Fri & 11:30 am Tue-Thu

Class dates are from June 12th-August 19th Camp dates are from June 27th to August 18th

ANNUAL MAINTENANCE STARTING AUGUST 19th (2 pm), AND REOPENING SEPTEMBER 6, 2011
For Questions and Schedule Updates Please go to the JCC in Manhattan's website:

www.jccmanhattan.org/healthclub