

Indoor Pool Schedule Winter 2009-2010

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Children under the age of 15 should be supervised by an adult. Unsupervised children who are disruptive will be asked to leave pool immediately. Swim pants must be worn by all children 2 1/2 and under. Schedule Subject to change.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|---|--|
| 5:30 am - 8:00 am Adult Lap Swim 8:00 am - 8:45 am Water Wellness 9:00 am - 10:00 am Margate Schools 10:30 am - 11:15 am Aqua II 11:15 am - 12:00 am Deep Water Jog 12:00 pm - 3:30 pm Family Lap (1) Family Open Rec (2) 3:30 pm - 6:00 pm Kids / Adult Lap Swim (2) Kids / Adult Open Rec (1) The JCC Sharks 6:00 pm - 8:00 pm 8:00 pm - 9:45 pm Kids / Adult Lap Swim (2) Kids / Adult Open Rec (1) Pool Closes 9:45 pm JCC Closes at 10 pm | 5:30 am - 9:00 am Adult Lap Swim 9:00 am - 9:45 am Aqua I - Indoor 9:45 am - 10:30 am Deep Water Jog 10:30 am - 12:00 pm Adult Lap Swim (2) Adult Open Rec (1) 12:00 pm - 3:30 pm Family Lap (1) Family Open Rec (1) Bacharach (1) 3:30 PM - 5:30 PM CHILDRENS SPLASH ACADEMY The JCC Sharks 5:30 pm - 6:30 pm 6:00 pm - 8:00 pm 8:00 pm - 9:45 pm Kids / Adult Lap Swim (2) Kids / Adult Open Rec (1) | 5:30 am - 8:00 am Adult Lap Swim 8:00 am - 8:45 am Water Wellness 9:00 am - 9:45 am Aqua II - Indoor 9:45 am - 12:00 pm EARLY CHILDHOOD SWIMMING CLASS 12:00 pm - 3:30 pm Family Lap (1) Family Open Rec (2) 3:30 PM - 5:30 PM CHILDRENS SPLASH ACADEMY The JCC Sharks 6:00 pm - 8:00 pm 8:00 pm - 9:45 pm Kids / Adult Lap Swim (2) Kids / Adult Open Rec (1) | 5:30 am - 9:00 am Adult Lap Swim 9:00 am - 9:45 am Aqua I - Indoor 10:30 am - 12:00 pm Adult Lap Swim (2) Adult Open Rec (1) 12:00 pm - 3:30 pm Family Lap (1) Family Open Rec (1) Bacharach (1) 3:30 pm - 5:30 pm CHILDRENS SPLASH ACADEMY The JCC Sharks 5:30 pm - 6:30 pm 6:00 pm - 8:00 pm 8:00 pm - 9:45 pm Kids / Adult Lap Swim (2) Kids / Adult Open Rec (1) | 5:30 am - 8:00 am Adult Lap Swim 8:00 am - 8:45 am Water Wellness 9:00 am - 9:45 am Aqua II - Indoor 9:45 am - 10:30 am Deep Water Jog 10:45 am - 12:00 pm Adult Lap Swim (2) Adult Open Rec (1) 12:00 pm - 3:30 pm Family Lap (1) Family Open Rec (2) 3:30 pm - 5:45 pm Kids / Adult Lap Swim (2) Kids / Adult Open Rec (1) PLEASE NOTE: Children under the age of 15 should be supervised by and adult. Unsupervised children who are disruptive will be asked to leave the pool immediately. Pool Closes at 5:45 pm JCC Closes at 6pm for Shabbat | 7:00 am - 10:00 am Adult Lap Swim 10:00 am - 10:45 am Aqua Boot Camp 11:00 AM - 1:00 PM CHILDREN'S SPLASH ACADEMY 1:00 pm - 4:45 pm 1:00 pm - 4:45 pm Lap Swim (2) Open Rec (1) PLEASE NOTE: Birthday parties often use the pool during Open Rec times on Sundays. Poll schedule may change with out notice. Lifeguard is authorized to use his or her judgment in allowing to use the pool at certain times. | 7:00 am - 9:00 am Adult Lap Swim 9:00 am - 10:30 am Adults & Kids Lap Swim (2) Open Rec (1) 10:30 am - 11:15 am Aqua Fit 11:15 am - 12:00 pm Aqua Energizer 12:00 pm - 4:45 pm Lap Swim (1) Open Rec (2) PLEASE NOTE: Birthday parties often use the pool during Open Rec times on Sundays. Poll schedule may change with out notice. Lifeguard is authorized to use his or her judgment in allowing to use the pool at certain times. |

NOTE: The pool closes 15 minutes before the building closing time.



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QUESTIONS OR CONCERNS? CALL 822-1167 ext. 144 Robert Abbamondi AQUATIC DIRECTOR