

MAIN POOL SCHEDULE Fall/Winter/Spring 2009-2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Opens at 7am	5:30 - 10:00 am Adult Lap Swim 6:30-7:30am Drop-in Aerobics (1 Lane)	5:30 - 10:30am Adult Lap Swim 6:30-7:30 Swim Team 8:00 - 9:00am (1 lane) 9:30-10:30am (2 lanes) Drop-in Aerobics	5:30 - 10:00am Adult Lap Swim 6:30-7:30 Drop-in Aerobics (1 Lane)	5:30 - 9:30am Adult Lap Swim 8:00 - 9:00 am Drop-in Aerobics (1 Lane)	5:30 - 10:00am Adult Lap Swim 6:30 - 7:30am Drop In Aerobics (1 Lane)	Pool Opens at 7am
7:00 - 10:00 am Adult Lap Swim						7:00 - 9:00am Adult Lap Swim
10 am - 1:45pm Adult / Child Family & Lap Swim	10:00am-3:00pm Adult / Child Family & Lap Swim 11:00am-12:00pm Pre-Natal Aqua Exercise Class (1 Lanes)	10:30-11:30am 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 9:30-10:30 10:30-11:30		CLOSED Saturday Morning Partners 9am - 12pm
1:50 -3:30pm Children's LTS Classes & Swim Team Practice*		11:30am-3:30pm Adult / Child Family & Lap Swim		11:30am - 3:00pm Adult / Child Family & Lap Swim	10:00am-7:30pm Adult / Child Family & Lap Swim	12 - 12:30pm Maintenance
3:30 - 6:00pm Adult / Child Family & Lap Swim						12:30 - 5:30pm Adult / Child Family & Lap Swim
	3:00-3:30pm Maintenance			3:00pm-3:30pm Maintenance		
6:00-7:00pm Women's Only	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	3:30-6pm Children's LTS Classes & Swim Team Practice		5:30 - 9:30pm Adult Lap Swim
7:15 - 8:30pm Men's Only Swim	6:30 -7:30pm Adult/Child Family/Lap 6:30-8:00 Swim Team 1 lane	6:30 -7:30pm Adult/Child Family & Lap Swim	6:30 -7:30pm Adult/Child Family & Lap Swim	6 -7:30pm Adult/Child Family & Lap Swim	7:30 - 9:30pm Evening Adult Lap Swim	
8:30-9:30pm Adult Lap Swim	7:30 - 10:30pm Adult Lap Swim	7:30-10:30pm Adult LapSwim & Masters swim 8-9:30pm 2 lanes	7:30 - 10:30pm Adult Lap Swim & 1 Lane Class 7:30- 8:30 pm	7:30-10:30pm Adult LapSwim & Masters swim 8-9:30pm 2 lanes	CLOSED	CLOSED

*Private Lessons may be held during any age appropriate times

**When Classes are not in session designated Lap lanes will become "Family / Adult Lap Swim"

During Holidays with amended hours please consult posted 'schedule change' signs.

The Main Pool will be closed from 1:45pm-5:30pm for Home Swim Meets on the following Sundays:

11/8/09, 1/10/10, 2/21/10 & 3/21/10

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

www.jccmanhattan.org



Training Pool Schedule Fall/Winter 2009/2010							
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.							
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)	8:20 - 8:50 AM Children & Toddler's LTS classes (please refer to brochure for exact class times and names)	8:00 - 11:00 AM Children's & Toddler's LTS classes (please refer to brochure for exact class times and names)	8:20 - 9:25 AM Children & Toddler's LTS classes (please refer to brochure for exact class times and names)	8:00 - 10:50 AM Children & Toddler's LTS classes (please refer to brochure for exact class times and names)	7:00- 9:00 am Adults Only 3.5ft.	
		9:00-10:00am Parkinsons Aqua Program		9:30 - 10:30 AM Women's Only (Breast Cancer Survivor Program) 3.5ft.			
		10:00-10:30am Open Adult Swim 4.0ft.		10:30 - 11:30 AM Womens Only Open Swim 3.5ft			
		10:30-11:30am Women Only 3.5ft.		11:00am-12:00pm Arthritis Water Ex (Registered) 3.5ft.			
		12:00 - 12:55 PM Open Family Swim & Privates 2.5 ft		11:30am-1:50pm Open Family Swim & Privates 4.0 ft.			
	1:00 -1:30 PM Little Fishes	12:00 - 12:55 PM Open Family Private Lessons 2.5ft.	1:00-1:30pm Little Fishes	11:30am-1:50pm Open Family Swim & Private Lessons 4.0 ft	11:00-12:00pm 12:00-1:00pm Arthritis Water Exercise (Registered) 3.5ft		CLOSED Saturday Morning Partners 9 am - 12pm
	1:30 - 3:45 PM Open Family Private Lessons 2.5ft.	1:55-2:25pm Children & Toddler's LTS classes	1:30-3:45PM Open Family Private Lessons 2.5ft.	1:55-2:25pm Children & Toddler's LTS classes	12:30 - 5:30 PM Open Family 2.5ft.		
		2:30 - 3:00 PM Maintenance		2:30 - 3:00 PM Maintenance			
		3:00 - 3:45 PM Open Family & Private Swim Lessons 2.5 ft		3:00 - 3:45 PM Open Family Private Lessons 2.5ft.			
2:30 - 6:00 PM Open Family and Private Lessons 3.5ft.	3:50 -4:30 PM Diving Dolphins	3:50 -4:30 PM Diving Dolphins	3:50 -4:30 PM Diving Dolphins	3:50 -4:30 PM Diving Dolphins			
	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 2.5ft			
6:00 - 7:00 PM Women's Only Aqua Class 4.0ft.	6:10 - 7:10 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.	6:10 - 7:10 PM Water Ex I (Drop in) 3.5ft.	7:30pm - 9 :30pm Adult Swim 4.0ft.	5:30 - 9:30 PM Adult Swim 3.5ft.	
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 - 8:30 PM Adult Learn to Swim Class For Beginners	7:10 - 8:10 PM Water Ex II (Drop in) 3.5ft.			
8:30 -9:30PM Adult Swim 4.0ft.	8:10 - 10:30 PM Adult Swim 4.0ft.	8:10 - 10:30 PM Adults Only 4.0ft.	8:30 - 10:30 PM Adult Swim 4.0ft.	8:10 - 10:30 PM Adult Swim 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

