

Main Pool Schedule Summer 2010 (June 28th - September 13th)

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

*Private Lessons may be held during any age appropriate times

** JCC Camp dates are from June 28th to Aug 20th

****** The main pool will be closed from 1:00p-2:15pm for camp group on: Tuesday, July 27 & Aug 3 and Thursday, July 29 & Aug. 5.**

When the Camp/Classes are not in session all camp lanes will become Adult/Child Family swim.

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

www.jccmanhattan.org

Training Pool Schedule Summer 2010(June 20th - September 20th)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Opens at 7:00am						Pool Opens at 7:00am
7:00 - 8:00 am Adult Swim 3.5ft.	5:30 - 8:00 AM Adult Swim 4ft.	5:30 - 8:20 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.	7:00 - 9:00am Adult Swimming 4.0 ft.
8:00am-2:40 pm Baby & Toddler LTS classes (Refer to Program guide for exact class names/times)	8:00 - 10:00AM Baby & Toddler LTS Classes (Refer to Program guide for exact class names/times)	8:20 - 10:30AM Baby & Toddler LTS Classes 10:30-11:30 Women's Only Open Swim 3.5ft	8:00 - 10:00AM Baby & Toddler LTS Classes (Refer to Program guide for exact class names/times)	8:00 - 9:30AM Baby & Toddler LTS classes (Refer to Program guide for exact class names/times)	8:00 - 10:00AM Baby & Toddler LTS Classes (Refer to Program guide for exact class names/times)	9:00am -12:00pm Private Swim Lessons by Appointment Only
	JCC CAMP 10am - 12pm	JCC CAMP 11:30am - 1:30pm	JCC CAMP 10am - 12pm	9:30 - 10:30am Women's only (Breast Cancer Survivor Program)	JCC CAMP 10am - 12pm	
	12pm - 1:00pm Open swim 4ft		12:00- 1:00 pm Arthritis Water Ex (Registered) 3.5ft.	10:30 - 11:30am Women's Only Open Swim 3.5 ft.	12:00 - 1:00pm Arthritis Water Ex (Registered) 4.0ft.	
	Tadpole Toddlers		1:05 - 1:35pm Starfish	11:30-1:30PM JCC CAMP	1:00 - 2:00m Arthritis Water Ex (Registered) 4.0ft.	
	1:30-2:00pm MAINTENANCE	1:30 - 6:00pm Open Family Swim and Private Lessons 2.5ft.		1:30-2:00PM Tadpole Toddlers		
	2:00 - 6:00pm Open Family Swim and Private Lessons 2.5ft	2:00 - 6:00pm Open Family Swim and Private Lessons 2.5ft	1:35 - 6:00pm Open Family Swim Private Lessons 2.5ft.	2:00 - 2:30pm MAINTENANCE	2:00 - 7:30pm Open Family & Private Lessons 2.5ft.	
6:00 - 7:00 pm Women's Only Aqua Class 3.5ft./ 4.0 ft	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 (Drop in) 3.5ft.	6:10 - 7:10 pm Water Ex (Drop in) 3.5ft.		5:30 - 9:30 pm Open Adult Swim 4.0ft.
7:15-8:30pm Men Only Swim 4.0 ft	7:10 - 8:10 pm Water Ex (Drop in) 3.5ft.	7:10-7:40p Aqua Pilates (drop in) 3.5ft	7:10-7:30pm Open Adult swim 3.5ft	7:10 - 8:10 pm Water Ex (Drop in) 3.5ft.	7:30 - 9 :30pm Open Adult Swim 4.0ft.	
8:30-9:30p Open Adult Swim 4.0ft	8:10 - 10:30 pm Open Adult Swim 4.0ft.	7:40 - 10:30 pm Adults Only 4.0ft.	7:30 - 8:30 pm Adult Learn to Swim Class For Beginners	8:10 - 10:30 pm Open Adults Swim 4.0ft.		
CLOSED			8:30 - 10:30 pm Open Adult Swim 4.0ft.		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 and private lesson times

Camp dates are from June 28th to Aug. 20th Class dates are from June 20th-August 22nd

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

www.jccnyc.org

MAIN POOL SCHEDULE Fall/Winter/Spring 2010-2011 September 12, 2010

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 (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 - 9:00am Adult Lap Swim
10 am - 1:45pm Adult / Child Family & Lap Swim	10:00am-3:00pm Adult / Child Family & Lap Swim	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	10:00am-7:30pm Adult / Child Family & Lap Swim	CLOSED Saturday Morning Partners 9am - 12pm
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	12 - 12:30pm Maintenance		12:30 - 5:30pm Adult / Child Family & Lap Swim
3:30 - 5:55pm 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	3:00pm-3:30pm Maintenance	7:30 - 9:30pm Evening Adult Lap Swim	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	6:30 - 7:30pm Adult/Child Family & Lap Swim	6:30 - 7:30pm Adult/Child Family & Lap Swim	3:30-6pm Children's LTS Classes & Swim Team Practice		
7:15 - 8:30pm Men's Only 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 - 7:30pm Adult/Child Family & Lap Swim		
8:30-9:30pm Adult Lap Swim	7:30 - 10:30pm Adult Lap Swim & Adult LTS 7:30-8:30 1 lane	7:30-10:30pm Adult LapSwim Masters/Swim Team 7:30-9:30pm 2 lanes	7:30 - 10:30pm Adult Lap Swim & Adult LTS 7:30-8:30 1 lane	7:30-10:30pm Adult LapSwim Masters/Swim Team 7:30-9:30pm 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: TBD

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

www.jccmanhattan.org



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-11:00pm 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.				
		10:00-10:25am Open Adult Swim 4.0ft.						
	11:00a-12:00p Post Natal Exercise (Registered)	10:30 -11:30am Women Only 3.5ft.	10:30 -11:30 AM Womens Only Open Swim 3.5ft	11:00-12:00pm 12:00-1:00pm Arthritis Water Exercise (Registered) 3.5ft	CLOSED Saturday Morning Partners 9 am - 12pm Lessons by Appointment Only			
	12:00 - 12:55 PM Open Family Swim & Privates 4.0 ft	11:30am-1:50pm Open Family Swim & Privates 4.0 ft.	11:00am-12:00pm Arthritis Water Ex (Registered) 3.5ft.				12-12:30pm Maintenance	
	1:00 -1:30 PM Little Fishes		12:00 - 12:55 PM Open Family Private Lessons 2.5ft.					
	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		1:00 -1:30 PM Little Fishes	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 - 5:55 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 2.5.ft			
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.	7pm - 9 :30pm Adult Swim 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 4.0ft.		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.	7:40 - 10:30 PM Adults Only 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

