

Barbara Ziman-Pentelovitch

INDOOR

Aquatics Center Schedule



July 2010

Aquatics Center Hours

Mon – Thurs: 6am-8pm
 Friday: 6am-5:30pm
 Sat/Sun: 8am-7pm

Please use this schedule as a general guide. Times and events may change, and the Sabes JCC reserves the right to change the schedule at any time.

See Our Website For
 Special Events and Hours

www.sabesjcc.org



Aquatics Center Programming and Available Lanes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30a-9:15a Water Ex (1 Lap Lane)	8:30a-9:15a Water Exercise (1 Lap Lane)	8:30a-9:15a Water Exercise (1 Lap Lane)		8:30a-9:15a Water Ex (1 Lap Lane)		
9:30a-10:00a ECC Lessons (1 Lap Lane)	9:30a-10:00a ECC Lessons (1 Lap Lane)	9:30a-10:00a ECC Lessons (1 Lap Lane)	9:30a-10:00a ECC Lessons (1 Lap Lane)	9:30a-10:00a ECC Lessons (1 Lap Lane)	9:30a-11:00a Swimming Lessons (2 Lap Lanes)	9:45a-10:30a Water EXtreme! (1 Lap Lane)
10:00a-12:00p Camp Lessons ENTIRE INDOOR CENTER CLOSED	10:00a-12:00p Camp Lessons ENTIRE INDOOR CENTER CLOSED	10:00a-12:00p Camp Lessons ENTIRE INDOOR CENTER CLOSED	10:00a-12:00p Camp Lessons ENTIRE INDOOR CENTER CLOSED	10:00a-12:00p Camp Lessons ENTIRE INDOOR CENTER CLOSED		11:00a-12:00p Swimming Lessons (2 Lap Lanes)
12:00-12:45p SilverSplash (2 Lap Lanes)						
12:45p-2:15p Day Care Lessons (1 Lap Lane)	3:00p-3:30p Swimming Lessons (3 Lap Lanes)					
3:25p-6:00p Sabes Rays Swim Club ENTIRE INDOOR CENTER CLOSED	4:00p-4:30p Swimming Lessons (3 Lap Lanes)	3:25p-6:00p Sabes Rays Swim Club ENTIRE INDOOR CENTER CLOSED	3:25p-6:00p Sabes Rays Swim Club (1 OPEN Lane 4:45-6:00)			6:45p-7:45p Master's Swim Team (1 Lap Lane until 7:00p)
6:00p-6:30p Swimming Lessons (2 Lap Lanes)	5:30p-6:00p Swimming Lessons (3 Lap Lanes)		6:10p-6:55p Water Exercise (2 Lap Lanes)			
	7:45p-8:45p Master's Swim Team (1 Lap Lane until 8:00p)	7:00p-8:00p FEMALE SWIM ONLY	7:00p-8:00p MALE SWIM ONLY			

*****Unless noted ALL Indoor swimming times will have 3 lap lanes available with 2 lanes for recreational swimming.**

*** SEE OUTDOOR SCHEDULE FOR ADDITIONAL LAP LANES!!!**