

# Swimming Pool Schedule

January 3- March 26, 2010 | [www.stpauljcc.org](http://www.stpauljcc.org)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JCC Opens 7:00 AM</b>	<b>JCC Opens 5:30 AM</b>	<b>JCC Opens 5:30 AM</b>	<b>JCC Opens 5:30 AM</b>	<b>JCC Opens 5:30 AM</b>	<b>JCC Opens 5:30 AM</b>	<b>JCC Opens 12:00 Noon</b>
	Moonlight Lane Swim 6:15-9:00AM	Moonlight Lane Swim 6:15-9:00AM	Moonlight Lane Swim 6:15-9:00AM	Moonlight Lane Swim 6:15-9:00AM	Moonlight Lane Swim 6:15-9:00AM	
Lane Swim 8:00-10:30AM	Childcare Lessons 9:00-10:30AM	SilverSplash 9:00-9:40AM	Childcare Lessons 9:00-10:00AM	SilverSplash 9:00-9:40AM		
Female Only Lane Swim 10:30-11:00AM		Easy Does It 9:45-10:25AM	Water Fitness 10:00-10:45AM	Easy Does It 9:45-10:25AM	Water Fitness 10:00-10:45AM	
Female Only Open Swim 11:00-11:40AM	Adult Open Swim 10:30-11:30AM	Adult Open Swim 10:30-11:30AM	Adult Open Swim 10:45-11:30AM	Adult Open Swim 10:30-11:30AM	Adult Open Swim 10:45-11:30AM	
Male Only Open Swim 12:00-12:40PM	Lane Swim 11:30AM-1:15PM	Lane Swim 11:30AM-2:00PM	Lane Swim 11:30AM-1:15PM	Lane Swim 11:30AM-2:00PM	Lane Swim 11:30AM-1:15PM	
Red Cross Swim Lessons 12:45-2:15PM starts January 10	Twinges'n'Hinges 1:15-2:00PM**	Childcare Only Open Swim 2:30-4:00PM	Twinges'n'Hinges 1:15-2:00PM**	Childcare Only Open Swim 2:30-4:00PM	Twinges'n'Hinges 1:15-2:00PM**	Lane Swim 12:15-1:30PM
Water Triathlon Training 2:00-3:00PM (registration required)	Red Cross Swim Lessons 3:30-4:00PM	Swim Team 4:30-5:30PM		Swim Team 4:30-5:30PM	Open Swim 3:00-4:45PM	Open Swim 1:30-3:55PM
Swim Team 3:00-4:00PM starts January 10	Logrolling 4:00-5:00PM	Lane Swim 2 lanes 5:30-7:00PM		Lane Swim 2 lanes 5:30-7:00PM		
Open Swim 4:00-7:15PM	Lane Swim 5:00-6:30PM	Swimming Lessons 5:30-7:00pm	Lane Swim 5:00-6:30PM	Swimming Lessons 5:30-7:00pm		Lane Swim 4:00-6:00PM
	Open Swim 6:30-7:55PM	Open Swim 7:00-7:55PM	Open Swim 6:30-7:55M	Open Swim 7:00-7:55PM		
Water Boot Camp 7:15-7:55PM	Female Only Open Swim 8:00-8:45PM	Water Exercise Class 8:00-8:45PM	Deep Water Fitness 8:00-8:45pm	Water Exercise Class 8:00-8:45PM		Open Swim 6:00-8:30PM
Lane Swim 8:00-8:45PM	Moonlight Lane Swim 8:50-9:45PM	Moonlight Lane Swim 8:50-9:45PM	Water Yoga 8:45-9:30PM	Moonlight Lane Swim 8:50-9:45PM		Female Only Open Swim 8:00-8:45PM (1st Saturday of the Month)
<b>JCC Closes 9:00 PM</b>	<b>JCC Closes 10:00 PM</b>	<b>JCC Closes 10:00 PM</b>	<b>JCC Closes 10:00 PM</b>	<b>JCC Closes 10:00 PM</b>	<b>JCC Closes 5:00 PM</b>	<b>JCC Closes 9:00 PM</b>

\*\*Twinges'n'Hinges is an ongoing arthritis exercise class that requires the purchase of a punch card from the front desk to participate.