

Aquatics

REC POOL

Minnesota JCC
Capp Center St. Paul



Winter

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45 AM – 3:15 PM OPEN SWIM	5:45 – 6 AM OPEN SWIM	5:45 AM – 9 AM OPEN SWIM	5:45 – 10 AM OPEN SWIM	5:45 AM – 4 PM OPEN SWIM	7:15 – 9 AM OPEN SWIM	7:15 – 11 AM OPEN SWIM
	3:15 – 4:15 PM ECC LESSONS	6-6:45 AM AQUA AEROBICS Christina	9 – 10 AM SWIM LESSONS	10 – 11 AM ECC FREE SWIM	4 – 5 PM CLUB J	9 – 11 AM SWIM LESSONS	11 AM – 2:30 PM FAMILY SWIM
	4:15 – 6 PM OPEN SWIM	6:45 – 10 AM OPEN SWIM	10 – 3:15 PM OPEN SWIM	11 AM – 4:30 PM OPEN SWIM	5 – 5:30 PM OPEN SWIM	11 AM – NOON OPEN SWIM	2:30 – 5 PM SWIM LESSONS
	6 – 8 PM FAMILY SWIM	10 - 11 AM ECC FREE SWIM	3:15 – 4:15 PM ECC LESSONS	4:30 – 7 PM SWIM LESSONS		NOON – 3 PM FAMILY SWIM	5 – 5:30 PM OPEN SWIM
	8 – 9:30 PM OPEN SWIM	11 - 1:15 PM OPEN SWIM	4:30 – 7:30 PM SWIM LESSONS	7 – 9:30 PM OPEN SWIM		3 – 5:30 PM OPEN SWIM	
		1:15 - 2 PM AQUA FOR ARTHRITIS Bob	7:30 – 9:30 PM OPEN SWIM				
		2 - 4:30 PM OPEN SWIM			<p>POOL HOURS Monday – Thursday • 5:40 AM – 9:30 PM Friday • 5:40 AM – 5:30 PM Saturday & Sunday • 7:15 AM – 5:30 PM</p> <p>Questions? Contact Jill Burchill at 651.255.4762 or jillb@minnesotajcc.org</p> <p>THE AQUATICS CENTER WILL BE CLOSED ON MARCH 5TH, FROM 12:00 – 2:30 PM FOR AN IN-SERVICE. THE LAP POOL WILL BE CLOSED MARCH 19TH BETWEEN 8-10 AM. THE LAP POOL WILL HAVE LIMITED AVAILABILITY ON MARCH 27TH AND 29TH FOR A LIFEGUARD PREP COURSE.</p>		
		430 – 730 PM SWIM LESSONS					
		730 – 930 PM OPEN SWIM					

Winter

Aquatics

LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40 – 1 PM LANE SWIM <i>Reservation Required</i>	5:40 – 6:30 AM LANE SWIM <i>Reservation Required</i>	5:40 – 10 AM LANE SWIM <i>Reservation Required</i>	5:40 – 6:30 AM LANE SWIM <i>Reservation Required</i>	5:40 – 10 AM LANE SWIM <i>Reservation Required</i>	7:15 – 8:15 AM MASTERS SWIM <i>Reservation Required</i>	7:15 – 8:15 AM MASTERS SWIM <i>Reservation Required</i>
1 – 4:45 PM LANE SWIM <i>Up to 4 lanes available</i>	6:30 – 7:30 AM MASTERS SWIM <i>Reservations Required</i>	10 – 11 AM WATER AEROBICS Lori <i>No lanes available</i>	6:30 – 7:30 AM MASTERS SWIM <i>Reservations Required</i>	10 – 11 AM AQUA DANCE Susan	8:15 AM – 5:30 PM LANE SWIM <i>Up to 4 lanes available</i>	8:15 – 10 AM LANE SWIM <i>Up to 4 lanes available</i>
4:45 – 5:30 PM AQUA ZUMBA Susan <i>1 lane available</i>	7:30 AM – 1 PM LANE SWIM <i>Reservation Required</i>	11 – 1 PM LANE SWIM <i>Reservations Required</i>	7:30 AM – 1 PM LANE SWIM <i>Reservation Required</i>	11 AM – 1 PM LANE SWIM <i>Reservation Required</i>		10 – 11 AM AQUA DANCE Kay Jay <i>1 lane available</i>
5:30 – 6:30 PM SWIM TEAM <i>No lanes available</i>	1 – 4:30 PM LANE SWIM <i>Up to 4 lanes available</i>	1 - 5:30 PM LANE SWIM <i>Up to 4 lanes available</i>	1 – 5 PM LANE SWIM <i>Up to 4 lanes available</i>	1 – 5:30 PM LANE SWIM <i>Up to 4 lanes available</i>		11 AM – 2:30 PM LANE SWIM <i>Up to 4 lanes available</i>
6:30 – 7:30 PM MASTERS SWIM <i>Reservation Required</i>	4:30 – 7:30 PM SWIM LESSONS <i>Up to 2 lanes available</i>	5:30 – 6:30 PM SWIM TEAM <i>No lanes available</i>	5 – 7 PM SWIM LESSONS <i>Up to 2 lanes available</i>			2:30 – 5 PM SWIM LESSONS <i>Up to 2 lanes available</i>
7:30 – 9:30 PM LANE SWIM <i>Up to 4 lanes available</i>	7:30 – 9:30 PM LANE SWIM <i>Up to 4 lanes available</i>	6:30 – 7:30 PM MASTERS SWIM <i>Reservation Required</i>	7 – 8 PM WATER AEROBICS Christina			5 – 5:30 PM LANE SWIM <i>Up to 4 lanes available</i>
		7:30 – 9:30 PM LANE SWIM <i>Up to 4 lanes available</i>	8 – 9:30 PM LANE SWIM <i>Up to 2 lanes available</i>			

