



# 2019 Spring Indoor Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM							
6AM							
7AM		Lap Swim (3) Open Swim (2) 5:30AM-8:45AM	Lap Swim (3) Open Swim (2) 5:30AM-9:30AM	Lap Swim (3) Open Swim (2) 5:30AM-8:45AM	Lap Swim (3) Open Swim (2) 5:30AM-9:45AM	Lap Swim (3) Open Swim (2) 5:30AM-8:45AM	
8AM	Lap Swim (3) Open Swim (2) 8:00AM-9:00AM						Lap Swim (3) Open Swim (2) 8:00AM-8:30AM
9AM	High Intensity Deep Water Aerobics (3) Lap Swim (2) 9:00AM-10:00AM	Water Aerobics (4) Lap Swim (1) 8:45AM-9:45AM	ECC Classes (2) Lap Swim (2) Open Swim (1) 9:30AM-10:30AM	Water Aerobics (4) Lap Swim (1) 8:45AM-9:45AM		Water Aerobics (4) Lap Swim (1) 8:45AM-9:45AM	Special Olympics (2) Lap Swim (2) Open Swim (1) 8:30AM-10:15AM
10AM	Swim Classes (3) Lap Swim (2) 10:00AM-11:00AM	Senior Aerobics (5) 9:45AM-10:45AM			Senior Aerobics (5) 9:45AM-10:45AM		Swim Classes (3) Lap Swim (2) 10:15AM-11:15AM
11AM		Senior Deep Water (3) Lap/Senior Swim (2) 10:45AM-11:15AM	Lap Swim (3) Open Swim (2) 10:30AM-12:30PM	Lap Swim (3) Open Swim (2) 9:45AM-12:30PM	Senior Deep Water (3) Lap/Senior Swim (2) 10:45AM-11:15AM	Lap Swim (3) Open Swim (2) 9:45AM-1:30PM	
12PM	Swim Classes (2) Lap Swim (2) Open Swim (1) 11:00AM-1:15PM	Lap Swim (3) Open Swim (2) 11:15AM-2:00PM					Swim Classes (2) Lap Swim (2) Open Swim (1) 11:15AM-2:45PM
1PM			Homeschool Swim (2) Lap Swim (2) Open Swim (1) 12:30PM-2:15PM	Swim Classes (2) Lap Swim (2) Open Swim (1) 12:30PM-1:30PM			
2PM	Swim Classes (1) Lap Swim (3) Open Swim (1) 1:15PM-2:45PM		Lap Swim (3) Open Swim (2) 2:15PM-2:45PM	Lap Swim (3) Open Swim (2) 1:30PM-3:00PM	Lap Swim (3) Open Swim (2) 11:15AM-5:00PM	ECC Classes (2) Lap Swim (2) Open Swim (1) 1:30PM-3:30PM	
3PM	Swim Classes (2) Lap Swim (2) Open Swim (1) 2:45PM-3:45PM	ECC Classes (2) Lap Swim (2) Open Swim (1) 2:00PM-4:00PM	ECC Classes (2) Lap Swim (2) Open Swim (1) 2:45PM-3:45PM	Swim Classes (2) Lap Swim (2) Open Swim (1) 3:00PM-4:00PM			Swim Classes (1) Lap Swim (3) Open Swim (1) 2:45PM-4:15PM
4PM	Lap Swim (3) Open Swim (2) 3:45PM-5:45PM	Lap Swim (3) Open Swim (2) 4:00PM-4:30PM	Lap Swim (3) Open Swim (2) 3:45PM-5:00PM			Lap Swim (3) Open Swim (2) 3:30PM-4:30PM	
5PM		Swim Classes (3) Lap Swim (1) Open Swim (1) 4:30PM-6:00PM				KidsPlace Swim (2) Lap Swim (2) Open Swim (1) 4:30PM-5:45PM	Lap Swim (3) Open Swim (2) 4:15PM-5:45PM
6PM			Swim Team (3) Lap Swim (1) Open Swim (1) 5:00PM-7:00PM		Swim Team (3) Lap Swim (1) Open Swim (1) 5:00PM-7:00PM		
7PM		Swim Classes (2) Lap Swim (2) Open Swim (1) 6:00PM-7:15PM		Lap Swim (3) Open Swim (2) 4:00PM-9:45PM			
8PM			Swim Team (4) Lap Swim (1) 7:00PM-8:30PM		Swim Team (4) Lap Swim (1) 7:00PM-8:30PM		
9PM		Lap Swim (3) Open Swim (2) 7:15PM-9:45PM	Lap Swim (3) Open Swim (2) 8:30PM-9:45PM		Lap Swim (3) Open Swim (2) 8:30PM-9:45PM		
10PM							

**Indoor Pool Schedule**  
April 1 - May 24, 2019

**Text @SWIMJCC to 81010 to receive Aquatics updates via text.**

See our website for holiday closure information. The pool and building are closed 3-6pm on 4/19 and all day on 4/20.

Private Lessons and Lifeguard Training are held at various times throughout the week. Please share pool space with them as you would with any other swimmer.

Schedule is subject to change. Every effort will be made to inform members of changes.

Please direct all pool-related questions and comments to:  
Stephanie Kegelman, Aquatics Director  
302-478-5660 x 401  
stephkegelman@siegeljcc.org