



# 2019 January 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-9:00AM	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							
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) 9:00AM-10:00AM	Water Aerobics (4) Lap Swim (1) 8:45AM-9:45AM		Water Aerobics (4) Lap Swim (1) 8:45AM-9:45AM	Lap Swim (3) Open Swim (2) 8:00AM-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-11:30AM	Lap Swim (3) Open Swim (2) 10:00AM-12:30PM	Lap Swim (3) Open Swim (2) 9:45AM-12:30PM	Senior Deep Water (3) Lap/Senior Swim (2) 10:45AM-11:30AM	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) 11:30AM-2:00PM					Swim Classes (2) Lap Swim (2) Open Swim (1) 11:15AM-2:30PM	
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	Lap Swim (3) Open Swim (2) 11:30AM-4:00PM			
2PM	Swim Classes (1) Lap Swim (3) Open Swim (1) 1:15PM-2:45PM		Lap Swim (3) Open Swim (2) 2:15PM-3:00PM			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-3:30PM	ECC Classes (2) Lap Swim (2) Open Swim (1) 2:00PM-4:00PM	ECC Classes (2) Lap Swim (2) Open Swim (1) 3:00PM-4:00PM	Lap Swim (3) Open Swim (2) 1:30PM-5:00PM			Swim Classes (1) Lap Swim (3) Open Swim (1) 2:30PM-4:00PM	
4PM		Lap Swim (3) Open Swim (2) 4:00PM-5:00PM	Swim Team (3) Lap Swim (2) 4:00PM-5:00PM		Swim Team (3) Lap Swim (2) 4:00PM-5:00PM	Lap Swim (3) Open Swim (2) 3:30PM-4:30PM		
5PM	Lap Swim (3) Open Swim (2) 3:30PM-5:45PM					KidsPlace Swim (2) Lap Swim (2) Open Swim (1) 4:30PM-5:45PM	Lap Swim (3) Open Swim (2) 4:00PM-5:45PM	
6PM						<p align="center"><b>Indoor Pool Schedule</b> January 5 - February 8, 2019</p> <p><b>Text @SWIMJCC to 81010 to receive Aquatics updates via text.</b></p> <p>See our website for holiday closure information. The pool will close at 11am for a swim meet on 1/27 and 2/3.</p> <p>Private Lessons are held at various times throughout the week. Please share pool space with Private Lessons as you would with any other swimmer.</p> <p>Schedule is subject to change. Every effort will be made to inform members of changes.</p> <p>Please direct all pool-related questions and comments to: Stephanie Kegelman, Aquatics Director 302-478-5660 x 401 stephkegelman@siegeljcc.org</p>		
7PM		Swim Team (4) Lap Swim (1) 5:00PM-8:30PM	Swim Team (4) Lap Swim (1) 5:00PM-8:30PM	Swim Team (4) Lap Swim (1) 5:00PM-8:30PM	Swim Team (4) Lap Swim (1) 5:00PM-8:30PM			
8PM								
9PM		Swim Team (1) Lap Swim (2) Open Swim (2) 8:30PM-9:00PM	Swim Team (1) Lap Swim (2) Open Swim (2) 8:30PM-9:00PM	Swim Team (1) Lap Swim (2) Open Swim (2) 8:30PM-9:00PM	Swim Team (1) Lap Swim (2) Open Swim (2) 8:30PM-9:00PM			
10PM		Lap Swim (3) Open Swim (2) 9:00PM-9:45PM	Lap Swim (3) Open Swim (2) 9:00PM-9:45PM	Lap Swim (3) Open Swim (2) 9:00PM-9:45PM	Lap Swim (3) Open Swim (2) 9:00PM-9:45PM			