

SUMMER 2023

Aquatics

REC POOL

Minnesota JCC
Capp Center St. Paul



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40 AM – 11 AM OPEN SWIM	5:40 – 6 AM OPEN SWIM	5:40 – 9 AM OPEN SWIM	5:40 – 11 AM OPEN SWIM	5:40 AM – 2 PM OPEN SWIM	7:15 – 9 AM OPEN SWIM	7:15 – 11 AM OPEN SWIM
11 AM - 12 PM ECC LESSONS <i>Splash pad not available</i>	6 – 6:45 AM AQUA AEROBICS Christina	9 – 10 AM SWIM LESSONS	11 AM - 12 PM ECC FREE SWIM <i>Splash pad not available</i>	2 – 3 PM CLUB J	9 – 11 AM SWIM LESSONS	11 AM – 2:30 PM FAMILY SWIM
12 – 2 PM OPEN SWIM	6:45 AM – 11 AM OPEN SWIM	10 AM – 11 AM OPEN SWIM	12– 4:30 PM OPEN SWIM	3 – 5:30 PM OPEN SWIM	11 AM – NOON OPEN SWIM	2:30 – 5 PM SWIM LESSONS
2 – 3 PM CENTERLAND <i>Splash pad not available</i>	11 AM - 12 PM ECC FREE SWIM <i>Splash pad not available</i>	11 AM - 12 PM ECC LESSONS <i>Splash pad not available</i>	4:30 – 7 PM SWIM LESSONS		NOON – 3 PM FAMILY SWIM <i>Slide available</i>	5 – 5:30 PM OPEN SWIM
3-6 PM OPEN SWIM	12– 1:15 PM OPEN SWIM	12-2 PM OPEN SWIM	7 – 9:30 PM OPEN SWIM		3 – 5:30 PM OPEN SWIM	
6 – 8 PM FAMILY SWIM <i>Slide available</i>	1:15 – 2 PM AQUA FOR ARTHRITIS Bob	2 – 3 PM CENTERLAND <i>Splash pad not available</i>				
8 – 9:30 PM OPEN SWIM	2 – 4:30 PM OPEN SWIM	4:30-7:30 PM SWIM LESSONS		<p align="center">POOL HOURS</p> <p align="center">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 align="center">Questions?</p> <p align="center">Contact Jill Burchill at jillb@minnesotajcc.org</p> <p align="center">The Aquatics Center will be closed August 6th from NOON – 2:30 PM for a Lifeguarding Inservice.</p> <p align="center">Aqua Zumba Happy Hour, the Aquatics Center will be closed from 4:30 - 5:45 PM on Monday, August 7th. Only Aqua Zumba participants will be allowed in the pool area.</p>		
	4:30 – 7:30 PM SWIM LESSONS	7:30 – 9:30 PM OPEN SWIM				
	7:30 – 9:30 PM OPEN SWIM					

SUMMER 2023

Aquatics

LAP POOL

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

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