

# Aquatics

REC POOL

Minnesota JCC  
Capp Center St. Paul



## SPRING 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40 AM – 11 AM OPEN SWIM	5:40 – 6 AM OPEN SWIM	5:40 – 11 AM OPEN SWIM	5:40 – 10 AM OPEN SWIM	5:40 AM – 3:00 PM OPEN SWIM	7:15 AM – 9 AM OPEN SWIM	7:15 – 11 AM OPEN SWIM
11 AM - 12 PM ECC LESSONS <i>Splash pad and rec pool not available</i>	6 – 6:45 AM AQUA AEROBICS Christina	11 AM - 12 PM ECC LESSONS <i>Splash pad and rec pool not available</i>	10 AM - 12 PM ECC FREE SWIM <i>Splash pad and rec pool not available</i>	3 – 4 PM CLUB J <i>Splash pad and rec pool are not available</i>	9 – 11 AM SWIM LESSONS <i>Rec pool is not available</i>	11 AM – 2:30 PM FAMILY SWIM <i>Slide available</i>
12 – 6 PM OPEN SWIM	6:45 AM – 1:15 PM OPEN SWIM	12 – 4:30 PM OPEN SWIM	12 – 2:30 PM OPEN SWIM	4 – 5:30 PM OPEN SWIM	11 AM – 12 PM OPEN SWIM	2:30 – 5 PM SWIM LESSONS <i>Rec pool not available</i>
6 – 8 PM FAMILY SWIM <i>Slide available</i>	1:15 – 2 PM AQUA FOR ARTHRITIS Bob	4:30 - 7:30 PM SWIM LESSONS <i>Rec pool not available Limited open lanes in lap pool</i>	2:30 - 3:30 PM ECC FREE SWIM <i>Splash pad and rec pool not available</i>		12 – 3 PM FAMILY SWIM <i>Slide available</i>	5 – 5:30 PM OPEN SWIM
8 – 9:30 PM OPEN SWIM	2 – 4:30 PM OPEN SWIM	7:30 – 9:30 PM OPEN SWIM	3:30 – 4:30 PM OPEN SWIM		3 – 5:30 PM OPEN SWIM	
	4:30 – 7:30 PM SWIM LESSONS <i>Rec pool not available Limited open lanes in lap pool</i>		4:30 – 7 PM SWIM LESSONS <i>Rec pool not available Limited open lanes in lap pool.</i>	<b>POOL HOURS</b> Monday – Thursday • 5:40 AM – 9:30 PM Friday • 5:40 AM – 5:30 PM Saturday & Sunday • 7:15 AM – 5:30 PM  <b>Questions?</b> Contact Jill Burchill at <a href="mailto:jillb@minnesotaajcc.org">jillb@minnesotaajcc.org</a>  <b>The Aquatics Center will be closed April 7<sup>th</sup> and May 5<sup>th</sup> from NOON – 2:30 PM for Lifeguarding In-Services.</b>  <b>For Passover, the pool will close on Monday, April 22<sup>nd</sup> at 4:30 PM and will remain closed through Tuesday, April 23.</b>  <b>April 19<sup>th</sup> – 21<sup>st</sup> there will be limited lap swim lanes available, due to a lifeguarding certification class.</b>		
	7:30 – 9:30 PM OPEN SWIM		7 – 9:30 PM OPEN SWIM			

# Aquatics

## LAP POOL

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Spring 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40 – 10 AM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	5:40 – 6:30 AM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	5:40 – 11 AM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	5:40 – 6:30 AM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	5:40 – 10 AM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	7:15 – 8:15 AM <b>MASTERS SWIM</b> <i>Reservation Required</i>	7:15 – 8:15 AM <b>MASTERS SWIM</b> <i>Reservation Required</i>
10 – 11 AM <b>WATER AEROBICS</b> Lori <i>No lanes available</i>	6:30 – 7:30 AM <b>MASTERS SWIM</b> <i>Reservations required</i>	11 AM – 4:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	6:30 – 7:30 AM <b>MASTERS SWIM</b> <i>Reservation Required</i>	10 – 11 AM <b>WATER AEROBICS</b> Mike <i>No lanes available</i>	8:15 AM – 9 AM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	8:15 – 10 AM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>
11 AM – 4:45 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	7:30 AM – 4:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	4:30 – 7:30 PM <b>SWIM LESSONS</b> <i>Limited lanes available</i>	7:30 AM – 4:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	11 AM – 5:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	9 – 11 AM <b>SWIM LESSONS</b> <i>Limited lanes available</i>	10 – 11 AM <b>AQUA DANCE</b> Susan <i>No lanes available</i>
4:45 – 5:30 PM <b>AQUA ZUMBA</b> James <i>No lanes available</i>	4:30 – 7:30 PM <b>SWIM LESSONS</b> <i>Limited lanes available</i>	5:30 – 6:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	4:30 – 7:00 PM <b>SWIM LESSONS</b> <i>Limited lanes available</i>		11 AM – 5:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	11 AM – 2:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>
5:30 – 6:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	7:30 – 9:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	6:30 – 7:30 PM <b>MASTERS SWIM</b> <i>Reservation Required</i> <i>No lanes available</i>	7 – 8 PM <b>WATER AEROBICS</b> Christina <i>No lanes available</i>			2:30 – 5 PM <b>SWIM LESSONS</b> <i>Limited lanes available</i>
6:30 – 7:30 PM <b>MASTERS SWIM</b> <i>Reservation Required</i> <i>No lanes available</i>		7:30 – 9:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>	8 – 9:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>			5 – 5:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>
7:30 – 9:30 PM <b>OPEN LANE SWIM</b> <i>Up to 4 lanes available</i>						