

FALL 2024

Aquatics

REC POOL

Minnesota JCC
Capp Center St. Paul



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 11 AM OPEN SWIM	5:30 - 6 AM OPEN SWIM	5:30 –11 AM OPEN SWIM	5:30 AM –3:00 PM OPEN SWIM	5:30 AM –11 AM OPEN SWIM	7:15–8:30 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>	3 – 4 PM ECC FREE SWIM <i>Splash pad and rec pool not available</i>	11 – 11:30 AM ECC LESSONS <i>Splash pad is not available</i>	8:30 -11 AM SWIM LESSONS <i>Rec pool 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	4 – 4:30 pm OPEN SWIM	1 – 3 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</i>	4:30 – 7 PM SWIM LESSONS <i>Rec pool not available</i>	3 – 4 PM CLUB J <i>Rec pool and splash pad are 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 – 3 PM OPEN SWIM	7:30 – 9:30 PM OPEN SWIM	7 – 9:30 PM OPEN SWIM	4 – 5:30 pm OPEN SWIM	3 – 5:30 PM OPEN SWIM	
	3 – 4 PM CLUB J <i>Splash pad and rec pool not available</i>					
	4 – 4:30 PM OPEN SWIM			<p style="text-align: center;">POOL HOURS</p> <p style="text-align: center;">Monday – Thursday • 5:30 AM – 9:30 PM</p> <p style="text-align: center;">Friday • 5:30 AM – 5:30 PM</p> <p style="text-align: center;">Saturday & Sunday • 7:15 AM – 5:30 PM</p>		
	4:30 – 7:30 PM SWIM LESSONS <i>Rec pool not available</i>					
	7:30 – 9:30 PM OPEN SWIM					

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LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 10 AM OPEN LANE SWIM <i>Up to 4 lanes available</i>	5:30 – 6:15 AM OPEN LANE SWIM <i>Up to 4 lanes available</i>	5:30 – 10 AM OPEN LANE SWIM <i>Up to 4 lanes available</i>	5:30 – 6:15 AM OPEN LANE SWIM <i>Up to 4 lanes available</i>	5:30 – 10 AM OPEN LANE SWIM <i>Up to 4 lanes available</i>	7:15 – 8:15 AM MASTERS SWIM <i>Reservation Required No lanes available</i>	7:15 – 8:15 AM MASTERS SWIM <i>Reservation Required No lanes available</i>
10 – 11 AM WATER AEROBICS Lori <i>No lanes available</i>	6:15 – 7:15 AM MASTERS SWIM <i>Reservations required No lanes available</i>	10 – 11 AM AQUA ZUMBA Giovanna <i>No lanes available</i>	6:15 – 7:15 AM MASTERS SWIM <i>Reservation Required No lanes available</i>	10 – 11 AM WATER AEROBICS Mike <i>No lanes available</i>	8:30 AM – 11 AM SWIM LESSONS <i>Up to 2 lanes available</i>	8:15 – 10 AM OPEN LANE SWIM <i>Up to 4 lanes available</i>
11 AM – 4:45 PM OPEN LANE SWIM <i>Up to 4 lanes available</i>	7:15 AM – 5 PM OPEN LANE SWIM <i>Up to 4 lanes available</i>	11 AM – 5:30 PM OPEN LANE SWIM <i>Up to 4 lanes available</i>	7:15 AM – 5 PM OPEN LANE SWIM <i>Up to 4 lanes available</i>	11 AM – 5:30 PM OPEN LANE SWIM <i>Up to 4 lanes available</i>	11 AM – 5:30 PM OPEN LANE SWIM <i>Up to 4 lanes available</i>	10 – 11 AM AQUA DANCE Susan <i>No lanes available</i>
4:45 – 5:30 PM WATER AEROBICS Alex <i>No lanes available</i>	5:30 – 7:30 PM SWIM LESSONS <i>Up to 2 lanes available</i>	4:30 – 5:30 PM SWIM LESSONS <i>Up to 1 lane available</i>	4:30 – 7 PM SWIM LESSONS <i>Up to 3 lanes available</i>			11 AM – 3 PM OPEN LANE SWIM <i>Up to 4 lanes available</i>
5:30 – 6:30 PM SWIM TEAM <i>No lanes available Begins September 11th</i>	7:30 – 9:30 PM OPEN LANE SWIM <i>Up to 4 lanes available</i>	5:30 – 6:30 PM SWIM TEAM <i>No lanes available Begins September 11th</i>	7 - 8 PM WATER AEROBICS <i>No lanes available</i>			3 – 5 PM SWIM LESSONS <i>Up to 3 lanes available</i>
6:30 – 7:30 PM MASTERS SWIM <i>Reservation Required No lanes available</i>		6:30 – 7:30 PM MASTERS SWIM <i>Reservation Required No lanes available</i>	8 – 9:30 PM OPEN LANE SWIM <i>Up to 4 lanes available</i>			5 – 5:30 PM OPEN LANE SWIM <i>Up to 4 lanes available</i>
7:30 – 9:30 PM OPEN LANE SWIM <i>Up to 4 lanes available</i>		7:30 – 9:30 PM OPEN LANE SWIM <i>Up to 4 lanes available</i>				

