

# 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 – 9 AM OPEN SWIM	5:30 AM – 3 PM OPEN SWIM	7:15–8:30 AM OPEN SWIM	7:15 – 11 AM OPEN SWIM		
		6 – 6:45 AM AQUA AEROBICS Christina						8:30 - 11 AM SWIM LESSONS <i>Rec pool not available</i>	
		6:45 – 9 AM OPEN SWIM				9 AM – 11 AM FAMILY SWIM <i>Slide available</i>			
		9 – 11 AM FAMILY SWIM <i>Slide available</i>							
11 AM - 12 PM ECC LESSONS <i>Splash pad and rec pool not available</i>		11 – 11:30 AM ECC Lessons <i>Splash Pad and rec pool not available</i>	11 AM – 12 PM ECC LESSONS <i>Splash pad and rec pool not available</i>	11 AM – 3 PM OPEN SWIM		11 AM – 12 PM OPEN SWIM	11 AM – 2:30 PM FAMILY SWIM <i>Slide available</i>		
		11:30 AM – 1:15 PM OPEN SWIM							
12 – 6 PM OPEN SWIM		1:15 – 2 PM AQUA FOR ARTHRITIS Bob	12 – 3 PM FAMILY SWIM <i>Slide available</i>	3 – 4 PM ECC FREE SWIM <i>Splash pad and rec pool not available</i>	3 – 4 PM CLUB J <i>Rec pool and splash pad not available</i>	12 – 3 PM FAMILY SWIM <i>Slide available</i>	2:30 – 5 PM SWIM LESSONS <i>Rec pool not available</i>		
		2 – 3 PM OPEN SWIM							
		3 – 4 PM CLUB J <i>Splash pad and rec pool not available</i>	3 – 4:30 PM OPEN SWIM						3 – 5:30 PM OPEN SWIM
		4 – 4:30 PM OPEN SWIM							
6 – 8 PM FAMILY SWIM <i>Slide available</i>	4:30 – 7:30 PM SWIM LESSONS <i>Rec pool not available</i>	4:30 – 7:30 PM SWIM LESSONS <i>Rec pool not available</i>	4:30 – 7:30 PM SWIM LESSONS <i>Rec pool not available</i>	<b>POOL HOURS</b> Monday – Thursday • 5:30 AM – 9:30 PM Friday • 5:30 AM – 5:30 PM Saturday & Sunday • 7:00 AM – 5:30 PM					
8 – 9:30 PM OPEN SWIM	7:30 – 9:30 PM OPEN SWIM	7:30 – 9:30 PM OPEN SWIM	7 – 9:30 PM OPEN SWIM						

# Aquatics

## LAP POOL

Minnesota JCC  
Capp Center St. Paul



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 10 AM <b>OPEN LANE SWIM</b> 4 lanes available	5:30 – 6:15 AM <b>OPEN LANE SWIM</b> 4 lanes available	5:30 – 10 AM <b>OPEN LANE SWIM</b> 4 lanes available	5:30 – 6:15 AM <b>OPEN LANE SWIM</b> 4 lanes available	5:30 – 10 AM <b>OPEN LANE SWIM</b> 4 lanes available	7:15 – 8:15 AM <b>MASTERS SWIM</b> <i>Reservation Required</i> No lanes available	7:15 – 8:15 AM <b>MASTERS SWIM</b> <i>Reservation Required</i> No lanes available
	6:15 – 7:15 AM <b>MASTERS SWIM</b> <i>Reservations required</i> No lanes available		6:15 – 7:15 AM <b>MASTERS SWIM</b> <i>Reservation Required</i> No lanes available		8:15 – 10 AM <b>OPEN LANE SWIM</b> 4 lanes available	
10 – 11 AM <b>WATER AEROBICS</b> Subs until further notice No lanes available	7:15 – 9 AM <b>OPEN LANE SWIM</b> 4 lanes available	10 – 11 AM <b>AQUA ZUMBA</b> Giovanna No lanes available	7:15 AM – 5 PM <b>OPEN LANE SWIM</b> 4 lanes available	10 – 11 AM <b>WATER AEROBICS</b> Mike No lanes available	8:30 AM – 11 AM <b>SWIM LESSONS</b> Up to 2 lanes available	10 – 11 AM <b>AQUA ZUMBA</b> Giovanna No lanes available
11 AM – 3:30 PM <b>OPEN LANE SWIM</b> 4 lanes available		11 AM – 4:30 PM <b>OPEN LANE SWIM</b> 4 lanes available		11 AM – 5:30 PM <b>OPEN LANE SWIM</b> 4 lanes available		11 AM – 3 PM <b>OPEN LANE SWIM</b> 4 lanes available
3:30 – 4:45 PM <b>PRIVATE LESSON</b> 3 lanes available		4 – 5 PM <b>SWIM LESSONS</b> Up to 2 lanes available				
4:45 – 5:30 PM <b>AQUA ZUMBA</b> Eli No lanes available	9 – 9:45 AM <b>HYDRO HIIT</b> <i>Reservations Required</i> No lanes available	4:30 – 5:30 PM <b>SWIM LESSONS</b> Up to 1 lane available	5 – 7 PM <b>SWIM LESSONS</b> Up to 3 lanes available	11 AM – 5:30 PM <b>OPEN LANE SWIM</b> 4 lanes available	11 AM – 5:30 PM <b>OPEN LANE SWIM</b> 4 lanes available	5 – 5:30 PM <b>OPEN LANE SWIM</b> 4 lanes available
5:30 – 6:30 PM <b>SWIM TEAM</b> No lanes available		5:30 – 6:30 PM <b>SWIM TEAM</b> No lanes available				7 - 8 PM <b>WATER AEROBICS</b> Christina No lanes available
6:30 – 7:30 PM <b>MASTERS SWIM</b> <i>Reservation Required</i> No lanes available		6:30 – 7:30 PM <b>MASTERS SWIM</b> <i>Reservation Required</i> No lanes available				
7:30 – 9:30 PM <b>OPEN LANE SWIM</b> 4 lanes available	9:45 AM – 5 PM <b>OPEN LANE SWIM</b> 4 lanes available	7:30 – 9:30 PM <b>OPEN LANE SWIM</b> 4 lanes available	8 – 9:30 PM <b>OPEN LANE SWIM</b> 4 lanes available	<p align="center"><b>POOL HOURS</b></p> <p align="center">Monday – Thursday • 5:30 AM – 9:30 PM Friday • 5:30 AM – 5:30 PM Saturday &amp; Sunday • 7:00 AM – 5:30 PM</p> <p align="center">Stingrays Swim Team begins Wednesday, January 15th and ends Monday, March 17th.</p> <p align="center">February 14th, 15th and 16th there will be limited lanes available in the lap pool due to a lifeguarding certification class.</p>		