

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				9 AM – 11 AM FAMILY SWIM <i>Slide available</i>	
	6:45 – 9 AM OPEN SWIM		11 AM – 3 PM OPEN SWIM			
	9 – 11 AM FAMILY SWIM <i>Slide available</i>				11 AM – 12 PM ECC LESSONS <i>Splash Pad and rec pool not available</i>	
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>	5:30 AM – 3 PM OPEN SWIM		12 – 3 PM FAMILY SWIM <i>Slide available</i>
	2 – 3 PM OPEN SWIM				3 – 4:30 PM OPEN SWIM	
	3 – 4 PM CLUB J <i>Splash pad and rec pool not available</i>	4 – 4:30 pm OPEN SWIM	4 – 5:30 pm FAMILY SWIM			5 – 5:30 PM OPEN SWIM
	4 – 4:30 PM OPEN SWIM				4:30 – 7:30 PM SWIM LESSONS <i>Rec pool not available</i>	
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>	POOL HOURS 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 OPEN LANE SWIM 4 lanes available	5:30 – 6:15 AM OPEN LANE SWIM 4 lanes available	5:30 – 10 AM OPEN LANE SWIM 4 lanes available	5:30 – 6:15 AM OPEN LANE SWIM 4 lanes available	5:30 – 10 AM OPEN LANE SWIM 4 lanes available	7:15 – 8:15 AM MASTERS SWIM <i>Reservation Required</i> No lanes available	7:15 – 8:15 AM MASTERS SWIM <i>Reservation Required</i> No lanes available
	6:15 – 7:15 AM MASTERS SWIM <i>Reservations required</i> No lanes available		6:15 – 7:15 AM MASTERS SWIM <i>Reservation Required</i> No lanes available		8:30 AM – 11 AM SWIM LESSONS <i>Up to 2 lanes available</i>	8:15 – 10 AM OPEN LANE SWIM 4 lanes available
	7:15 – 9 AM OPEN LANE SWIM 4 lanes available					
10 – 11 AM WATER AEROBICS Sub Instructors No lanes available	9 – 9:45 AM HYDRO HIIT <i>Reservations Required</i> No lanes available	10 – 11 AM AQUA ZUMBA Giovanna No lanes available		10 – 11 AM WATER AEROBICS Mike No lanes available		10 – 11 AM AQUA ZUMBA Giovanna No lanes available
11 AM – 3:30 PM OPEN LANE SWIM 4 lanes available	9:45 AM – 5 PM OPEN LANE SWIM 4 lanes available	11 AM – 4:30 PM OPEN LANE SWIM 4 lanes available	7:15 AM – 5 PM OPEN LANE SWIM 4 lanes available	11 AM – 5:30 PM OPEN LANE SWIM 4 lanes available	11 AM – 5:30 PM OPEN LANE SWIM 4 lanes available	11 AM – 3 PM OPEN LANE SWIM 4 lanes available
3:30 – 4:45 PM PRIVATE LESSON 3 lanes available						
4:45 – 5:30 PM AQUA ZUMBA Eli No lanes available	5 – 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>	5 – 7 PM SWIM LESSONS <i>Up to 3 lanes available</i>			5 – 5:30 PM OPEN LANE SWIM 4 lanes available
5:30 – 6:30 PM SWIM TEAM No lanes available		5:30 – 6:30 PM SWIM TEAM No lanes available				
6:30 – 7:30 PM MASTERS SWIM <i>Reservation Required</i> No lanes available	7:30 – 9:30 PM OPEN LANE SWIM 4 lanes available	6:30 – 7:30 PM MASTERS SWIM <i>Reservation Required</i> No lanes available	7 – 8 PM WATER AEROBICS Christina No lanes available			
7:30 – 9:30 PM OPEN LANE SWIM 4 lanes available		7:30 – 9:30 PM OPEN LANE SWIM 4 lanes available	8 – 9:30 PM OPEN LANE SWIM 4 lanes available			
<p>POOL HOURS Monday – Thursday • 5:30 AM – 9:30 PM Friday • 5:30 AM – 5:30 PM Saturday & Sunday • 7:00 AM – 5:30 PM</p> <p>Stingrays Swim Team begins Wednesday, January 15th and ends Monday, March 17th.</p>						