

# 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>		8:30 -11 AM SWIM LESSONS <i>Rec pool not available</i>		
	6:45 – 9 AM OPEN SWIM		11 AM – 3 PM OPEN SWIM				11 AM – 12 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>		11:30 AM – 1:15 PM OPEN SWIM	11 AM – 2:30 PM 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	5:30 AM – 3 PM OPEN SWIM		12 – 3 PM FAMILY SWIM <i>Slide available</i>	2:30 – 5 PM SWIM LESSONS <i>Rec pool not available</i>		
	12 – 6 PM OPEN SWIM				12 – 3 PM FAMILY SWIM <i>Slide available</i>			3 – 4 PM CLUB J <i>Rec pool and splash pad not available</i>	
	12 – 6 PM OPEN SWIM	1:15 – 2 PM AQUA FOR ARTHRITIS Bob			3 – 4:30 PM OPEN SWIM	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>
		2 – 3 PM OPEN SWIM						3 – 4:30 PM OPEN SWIM	
12 – 6 PM OPEN SWIM	3 – 4 PM CLUB J <i>Splash pad and rec pool not available</i>	3 – 4:30 PM OPEN SWIM	4 – 4:30 pm OPEN SWIM	4 – 5:30 pm FAMILY SWIM	3 – 5:30 PM OPEN SWIM	5 – 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		8:30 AM – 11 AM <b>SWIM LESSONS</b> <i>Up to 2 lanes available</i>	8:15 – 10 AM <b>OPEN LANE SWIM</b> 4 lanes available
	7:15 – 9 AM <b>OPEN LANE SWIM</b> 4 lanes available					
10 – 11 AM <b>WATER AEROBICS</b> Sub Instructors No lanes available	9 – 9:45 AM <b>HYDRO HIIT</b> <i>Reservations Required</i> No lanes available	10 – 11 AM <b>AQUA ZUMBA</b> Giovanna No lanes available		10 – 11 AM <b>WATER AEROBICS</b> Mike No 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	9:45 AM – 5 PM <b>OPEN LANE SWIM</b> 4 lanes available	11 AM – 4:30 PM <b>OPEN LANE SWIM</b> 4 lanes available	7:15 AM – 5 PM <b>OPEN LANE SWIM</b> 4 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	11 AM – 3 PM <b>OPEN LANE SWIM</b> 4 lanes available
3:30 – 4:45 PM <b>PRIVATE LESSON</b> 3 lanes available						
4:45 – 5:30 PM <b>AQUA ZUMBA</b> Eli No lanes available	5 - 7:30 PM <b>SWIM LESSONS</b> <i>Up to 2 lanes available</i>	4:30 – 5:30 PM <b>SWIM LESSONS</b> <i>Up to 1 lane available</i>	5 – 7 PM <b>SWIM LESSONS</b> <i>Up to 3 lanes available</i>			5 – 5:30 PM <b>OPEN LANE SWIM</b> 4 lanes available
5:30 – 6:30 PM <b>OPEN LANE SWIM</b> 4 lanes available		5:30 – 6:30 PM <b>OPEN LANE SWIM</b> 4 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	6:30 – 7:30 PM <b>MASTERS SWIM</b> <i>Reservation Required</i> No lanes available	7 - 8 PM <b>WATER AEROBICS</b> Christina No lanes available			
7:30 – 9:30 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><b>POOL HOURS</b> 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>April 25th – 27th there will be limited lanes available in the lap pool due to a lifeguard certification class.</p>						