

Aquatics

REC POOL

Minnesota JCC
Capp Center St. Paul



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 AM – 3 PM 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 Slide available		8:30 -11 AM SWIM LESSONS <i>Rec pool not available No lessons April 12-26 OPEN SWIM</i>
	6:45 – 10 AM OPEN SWIM		11 AM – 11:30 AM ECC Lessons <i>Splash Pad and rec pool not available</i>			11 AM – 12 PM OPEN SWIM	
	10 – 11 AM FAMILY SWIM Slide available				11:30 AM – 1:15 PM OPEN SWIM		11 AM – 3 PM OPEN SWIM
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 – 11:30 AM ECC Lessons <i>Splash Pad and rec pool not available</i>	11 AM – 3 PM OPEN SWIM			12 – 3 PM FAMILY SWIM Slide available	
	1:15 – 2 PM AQUA FOR ARTHRITIS Bob				12 – 3 PM FAMILY SWIM Slide available		3 – 4 PM ECC FREE SWIM <i>Splash pad and rec pool not available</i>
	2 – 3 PM OPEN SWIM	3 – 4:30 PM OPEN SWIM	3 – 4 PM CLUB J <i>Rec pool and splash pad not available</i>			4 – 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
6 – 8 PM FAMILY SWIM Slide available	4 – 4:30 PM OPEN SWIM	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 Questions? Contact patriciat@minnesotajcc.org		
	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>
8 – 9:30 PM OPEN SWIM	7:30 – 9:30 PM OPEN SWIM	7:30 – 9:30 PM OPEN SWIM	7:30 – 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>No lessons April 12-26</i> OPEN LANE SWIM	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 – 5:30 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	5:30 – 7:30 PM SWIM LESSONS Up to 1 lane available	4:30 – 7:30 PM SWIM LESSONS Up to 1 lane available	4:30 – 7 PM SWIM LESSONS Up to 3 lanes available	5:30 – 6:30 PM OPEN LANE SWIM 4 lanes available		5 – 5:30 PM OPEN LANE SWIM 4 lanes available
5:30 – 6:30 PM OPEN LANE SWIM 4 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	<p align="center">POOL HOURS</p> <p align="center">Monday – Thursday • 5:30 AM – 9:30 PM</p> <p align="center">Friday • 5:30 AM – 5:30 PM</p> <p align="center">Saturday & Sunday • 7:00 AM – 5:30 PM</p>		
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 align="center"><i>April 25, 26, 27 there will be limited lanes available in the lap pool due to a lifeguarding certification class.</i></p>						