

Aquatics

REC POOL

Minnesota JCC
Capp Center St. Paul



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
5:30 AM – 8am OPEN SWIM	5:30 - 6 AM OPEN SWIM	5:30 –8AM OPEN SWIM	5:30 – 8AM OPEN SWIM	5:30 AM – 2PM OPEN SWIM	7:15–8:30 AM OPEN SWIM	7:15 – 10 AM OPEN SWIM				
	6 – 6:45 AM AQUA AEROBICS Christina		8-10 am Splash Course		8:30 -11 AM SWIM LESSONS <i>Rec pool not available</i>	10 AM – 2:30 PM FAMILY SWIM <i>Slide available</i>				
	6:45 – 8 AM OPEN SWIM									
8-10 am Splash Course	8-10 am Splash Course	8-10 am Splash Course	10 AM – 11 AM FAMILY SWIM <i>Slide available</i>	ECC CAMP Shemesh 2-3 FREE SWIM			11 AM – 12 PM OPEN SWIM	2:30 – 5 PM SWIM LESSONS <i>Rec pool not available</i>		
10 – 11 AM FAMILY SWIM Slide available	10 – 11 AM FAMILY SWIM Slide available		11AM – 12PM ECC Lessons Ruach <i>Splash pad and rec pool not available</i>		12 – 3 PM FAMILY SWIM Slide available	12 – 3 PM FAMILY SWIM Slide available			3 – 5:30 PM OPEN SWIM	5 – 5:30 PM OPEN SWIM
11 AM – 12 PM ECC LESSONS RUACH <i>Splash pad and rec pool not available</i>	11 AM –12 PM ECC Lessons KAVOD <i>Splash Pad and rec pool not available</i>	10AM – 12PM ECC Lessons Shalom <i>Splash Pad and rec pool not available</i>								
	12PM – 1:15 PM OPEN SWIM			ECC FREE SWIM 3:00-4:00 PM <i>Splash pad and rec pool not available</i>			3 – 4:30 PM OPEN SWIM	6 – 8 PM FAMILY SWIM Slide available		
12 – 6 PM OPEN SWIM	1:15 – 2 PM AQUA FOR ARTHRITIS	12 – 3 PM FAMILY SWIM Slide available	11 AM – 4:30 PM OPEN SWIM	ECC CAMP Shemesh 2-3 FREE SWIM	12 – 3 PM FAMILY SWIM Slide available	2:30 – 5 PM SWIM LESSONS <i>Rec pool not available</i>				
ECC CAMP Shemesh 2-3 FREE SWIM	2 – 3 PM OPEN SWIM						3 – 4:30 PM OPEN SWIM	3 – 6 PM OPEN SWIM	4 – 4:30 PM OPEN SWIM	
	3 – 6 PM OPEN SWIM	4 – 4:30 PM OPEN SWIM	6 – 8 PM FAMILY SWIM Slide available	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>				
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	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						

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 Reservation Required No lanes available	7:15 – 8:15 AM MASTERS SWIM Reservation Required No lanes available
	6:15 – 7:15 AM MASTERS SWIM Reservations required No lanes available		6:15 – 7:15 AM MASTERS SWIM Reservation Required No lanes available		8:30 AM –11 AM SWIM LESSONS	8:15 – 10 AM OPEN LANE SWIM 4 lanes available
	10 – 11 AM WATER AEROBICS Sub Instructors No lanes available		7:15-8:00 AM SWIM LAB 2 lanes available			10 – 11 AM AQUA ZUMBA Giovanna No lanes available
11 AM –5 PM OPEN LANE SWIM 4 lanes available		8 AM – 4:30 PM OPEN LANE SWIM 4 lanes available	11 AM – 3:00PM OPEN LANE SWIM 4 lanes available	8 AM – 4:30 PM OPEN LANE SWIM 4 lanes available	11 AM – 5:30 PM OPEN LANE SWIM 4 lanes available	11 AM – 2:30 PM OPEN LANE SWIM 4 lanes available
			2 PM – 3 PM 2 Lanes Available			2:30 PM – 5 PM SWIM LESSONS
	3-4:30 PM OPEN LANE SWIM		5 – 5:30 PM OPEN LANE SWIM 4 lanes available			
SWIM TEAM 5:30 PM – 6:30 PM No Lanes Available	4:30 – 7:30 PM SWIM LESSONS Up to 2 lanes available	4:30 –5:30 PM SWIM LESSONS Up to 2 lanes available		4:30 – 7 PM SWIM LESSONS Up to 2 lanes available	POOL HOURS LIFEGUARD CERTIFICATION June 13 th -15 th Lane Closures Monday – Thursday • 5:30 AM – 9:30 PM Friday • 5:30 AM – 5:30 PM Saturday & Sunday • 7:00 AM – 5:30 PM	
		SWIM TEAM 5:30 PM – 6:30 PM No Lanes Available				
6:30 – 7:30 PM MASTERS SWIM Reservation Required No lanes available	7:30 - 9:30 PM OPEN LANE SWIM 4 lanes available	6:30 – 7:30 PM MASTERS SWIM Reservation Required No lanes available	7 - 8 PM WATER AEROBICS Christina No lanes available			
7:30 – 9:30 PM OPEN LANE SWIM		7:30 – 9:30 PM OPEN LANE SWIM	8 – 9:30 PM OPEN LANE SWIM			