

Aquatics

REC POOL

Minnesota JCC
Capp Center St. Paul



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 AM – 8 AM OPEN SWIM	5:30 - 6 AM OPEN SWIM	AUGUST 13th POOL CLOSURE STARTS 5:30 –10 AM OPEN SWIM	5:30 – 8 AM OPEN SWIM	5:30 AM – 2 PM OPEN SWIM	7:15–8:30 AM OPEN SWIM	7:15 – 10 AM OPEN SWIM	
	6 – 6:45 AM AQUA AEROBICS Christina		8 AM – 11 AM FAMILY SWIM Slide available		11 AM – 12 PM ECC Lessons Splash pad and rec pool not available	8:30 -11 AM SWIM LESSONS Rec pool not available	10 AM – 2:30 PM FAMILY SWIM Slide available
6:45 – 8 AM OPEN SWIM	8am- 12 PM FAMILY SWIM Slide available	12PM – 1:15 PM OPEN SWIM					
8 am - 11AM FAMILY SWIM Slide available							
11 AM – 12 PM ECC LESSONS Splash pad and rec pool not available							
12 – 2 PM OPEN SWIM	1:15 – 2 PM AQUA FOR ARTHRITIS Bob	AUGUST 13th POOL CLOSURE STARTS 12 – 3 PM FAMILY SWIM Slide available	12 PM – 4:30 PM OPEN SWIM	2 – 3 PM ECC CAMP Shemesh Rec pool and splash pad not available	12 – 3 PM FAMILY SWIM Slide available	2:30 – 5 PM SWIM LESSONS Rec pool not available	
2 – 3 PM OPEN SWIM	3 – 4 PM ECC FREE SWIM Splash pad and rec pool not available	AUGUST 13th POOL CLOSURE STARTS 3 – 4:30 PM OPEN SWIM					3 – 5:30 PM OPEN SWIM
2-3PM ECC CAMP Shemesh Splash Pad and Rec Pool not available							
3 - 6PM OPEN SWIM	4 – 4:30 PM OPEN SWIM			3 – 5:30 pm FAMILY SWIM			
6 – 8 PM FAMILY SWIM Slide available	4:30 – 7:30 PM SWIM LESSONS Rec pool not available	4:30 – 7:30 PM SWIM LESSONS Rec pool not available	4:30 – 7:30 PM SWIM LESSONS Rec pool not available	POOL Closure August 13th-27th POOL OPEN: Monday – Thursday • 5:30 AM – 9:30 PM Friday • 5:30 AM – 5:30 PM Saturday & Sunday • 7:00 AM – 5:30 PM JCC CAPP POOL # 651-255-4762 patriciat@minnesotajcc.org			
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	AUGUST 13th POOL CLOSURE STARTS 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 AM – 8:00 am Swim Lab 2 Lanes available		10 – 11 AM AQUA ZUMBA Giovanna No lanes available	7:15 AM – 8:00 am Swim Lab 2 Lanes available
11 AM – 2:00PM 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 – 5:30 PM OPEN LANE SWIM 4 lanes available Lifeguard Class 7/26	11 AM – 2:30 PM OPEN LANE SWIM 4 lanes available
8:00 AM – 4:30 PM OPEN LANE SWIM 4 lanes available						2 PM – 3 PM 2 Lanes Available SWIM LAB
Junior Lifeguard Camp 4:30 PM – 5:30 PM No Lanes Available	3-4:30 PM OPEN LANE SWIM		4:30 – 7:30 PM SWIM LESSONS Junior Lifeguard Camp 4:30 PM – 5:30 PM No Lanes Available			4:30 – 7:30 PM SWIM LESSONS Junior Lifeguard Camp 4:30 PM – 5:30 PM Up to 2 lanes available after 5:30pm
		4:30 – 7:30 PM SWIM LESSONS Junior Lifeguard Camp 4:30 PM – 5:30 PM Up to 2 lanes available after 5:30pm				
5:30 – 6:30 PM OPEN LANE SWIM 4 lanes available	7:30 - 9:30 PM OPEN LANE SWIM 4 lanes available	5:30-6:30 PM OPEN LANE SWIM	7 - 8 PM WATER AEROBICS Christina No lanes available	POOL HOURS Lifeguard Class 7/26 Limited lap lanes Junior Lifeguard Class 7/28-7/31 Limited Lap Lanes POOL Closure August 13th-27th Monday – Thursday • 5:30 AM – 9:30 PM Friday • 5:30 AM – 5:30 PM Saturday & Sunday • 7:00 AM – 5:30 PM JCC CAPP POOL # 651-255-4762 patriciat@minnesotajcc.org		
6:30 – 7:30 PM MASTERS SWIM Reservation Required 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		7:30 – 9:30 PM OPEN LANE SWIM 4 lanes available				