

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Aquatics	REC POOL	5:30 AM – 8 AM OPEN SWIM	5:30 - 6 AM OPEN SWIM	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						
Minnesota JCC Capp Center St. Paul	8 am - 11AM FAMILY SWIM Slide available	6:45 – 8 AM OPEN SWIM	10 AM – 12PM ECC Lessons <i>Splash Pad and rec pool not available</i>	8 AM – 11 AM FAMILY SWIM <i>Slide available</i>	11 AM – 12 PM ECC Lessons <i>Splash pad and rec pool not available</i>		8:30 -11 AM SWIM LESSONS <i>Rec pool not available</i> NO SWIM LESSONS 7/5	10 AM – 2:30 PM FAMILY SWIM <i>Slide available</i>	
		8am- 12 PM FAMILY SWIM Slide available							
	11 AM – 12 PM ECC LESSONS <i>Splash pad and rec pool not available</i>			12PM – 1:15 PM OPEN SWIM					11 AM – 12 PM OPEN SWIM
		12 – 2 PM OPEN SWIM			1:15 – 2 PM AQUA FOR ARTHRITIS Bob		12 – 3 PM FAMILY SWIM Slide available		12 PM – 4:30 PM OPEN SWIM
	2 – 3 PM OPEN SWIM								
	2-3PM ECC CAMP Shemesh <i>Splash Pad and Rec Pool not available</i>	3 – 4 PM ECC FREE SWIM <i>Splash pad and rec pool not available</i>	3 – 4:30 PM OPEN SWIM		3 – 5:30 PM OPEN SWIM	5 – 5:30 PM OPEN SWIM			
	3 - 6PM OPEN SWIM	4 – 4:30 PM OPEN SWIM		4 – 5:30 pm FAMILY 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>	POOL HOURS NO SWIM LESSONS 7/4-7/7				
	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	Monday – Thursday • 5:30 AM – 9:30 PM Friday • 5:30 AM – 5:30 PM Saturday & Sunday • 7:00 AM – 5:30 PM				

# 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 AM – 8:00 am Swim Lab 2 Lanes available			10 – 11 AM AQUA ZUMBA Giovanna No lanes available	10 – 11 AM WATER AEROBICS Mike No lanes available
11 AM – 2:00PM OPEN LANE SWIM 4 lanes available		7:15 AM – 8:00 am Swim Lab 2 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 – 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	8 AM – 5 PM OPEN LANE SWIM 4 lanes available
			3-4:30 PM OPEN LANE SWIM			4:30 – 7 PM SWIM LESSONS Up to 2 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	5:30 PM – 6:30 PM No Lanes Available					
	5:30 PM – 6:30 PM 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 4 lanes available						7:30 – 9:30 PM OPEN LANE SWIM 4 lanes available	8 – 9:30 PM OPEN LANE SWIM 4 lanes available
	POOL HOURS Lifeguard Class 7/14-7/17 (Limited Lanes) Lifeguard Class 7/26 (Limited lanes) NO SWIM LESSONS 7/4-7/7  Monday – Thursday • 5:30 AM – 9:30 PM Friday • 5:30 AM – 5:30 PM Saturday & Sunday • 7:00 AM – 5:30 PM						