

# 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	5:30 – 10 AM OPEN SWIM	5:30 – 8 AM OPEN SWIM	5:30 AM – 3PM OPEN SWIM	7:15–8:30 AM OPEN SWIM	7:15 – 10 AM OPEN SWIM
	6 – 6:45 AM AQUA AEROBICS Christina					
8 am – 10 AM FAMILY SWIM Slide available	6:45 – 9 AM OPEN SWIM	10 AM – 12PM Shalom ALEF & BET ECC LESSONS Splash Pad and rec pool not available	8 AM – 10:30 AM FAMILY SWIM Slide available	3 - 4 PM CLUB J	8:30 -11 AM CAPP SWIM LESSONS 1 lane available Sep 2 -Oct 25	10 AM – 2:30 PM FAMILY SWIM Slide available
	9am- 10:30 am FAMILY SWIM Slide available					
10 AM – 12 PM RUACH ALEF & BET ECC LESSONS Splash pad and rec pool not available	FREE SWIM ECC RUACH ALEF & BET 10:30-11:30 am Splash pad and rec pool not available	12 – 3 PM FAMILY SWIM Slide available	FREE SWIM ECC Shalom ALEF & BET 10:30-11:30 am Splash pad and rec pool not available	2 – 5:30 pm FAMILY SWIM	11 AM – 12 PM OPEN SWIM	2:30 – 5 PM CAPP SWIM LESSONS 1 lane available Sep 2 -Oct 26
	11:30 am – 2PM OPEN SWIM					
12 – 6pm OPEN SWIM	2 – 2:45PM AQUA FOR ARTHRITIS Bob	3pm – 9:30 PM OPEN SWIM	12 PM – 4:30 PM OPEN SWIM	4:30 – 7:30 PM CAPP SWIM LESSONS 1 lane available Sep 2 -Oct 23	3 – 5:30 PM OPEN SWIM	5 – 5:30 PM OPEN SWIM
	3-4 pm CLUB J					
6 – 8 PM FAMILY SWIM Slide available	OPEN SWIM 4-4:30 pm	3pm – 9:30 PM OPEN SWIM	4:30 – 7:30 PM CAPP SWIM LESSONS 1 lane available Sep 2 -Oct 23	4:30 – 7:30 PM CAPP SWIM LESSONS 1 lane available Sep 2 -Oct 23	3 – 5:30 PM OPEN SWIM	5 – 5:30 PM OPEN SWIM
	4:30 – 7:30 PM CAPP SWIM LESSONS 1 lane available Sep 2 -Sep 30 Rec pool not available					
8 – 9:30 PM OPEN SWIM	7:30 – 9:30 PM OPEN SWIM		7:30 – 9:30 PM OPEN SWIM			

POOL RE-OPENS AUGUST 28th

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](mailto: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  CAPP SWIM LESSONS 1 lane available Sep 08 –Oct 25	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 COSMIN Swim Lab 2 Lanes available		AQUA ZUMBA Giovanna 4:45 PM – 5:30 PM No Lanes Available	7:15 AM – 8:00 am COSMIN Swim Lab 2 Lanes available
11 AM –4:45 PM OPEN LANE SWIM 4 lanes available		11 AM – 2:00PM OPEN LANE SWIM 4 lanes available	8 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 – 2:30 PM OPEN LANE SWIM 4 lanes available
		2 PM – 3 PM 2 Lanes Available DANIEL SWIM LAB				2:30 PM – 5 PM  CAPP SWIM LESSONS 1 lane available Sep 08 –Oct 26
	3-4:30 PM SWIM LESSONS w/DANIEL  3 OPEN LANE SWIM	4:30 – 7:30 PM CAPP SWIM LESSONS 1 lane available Sep 2 -Sep 30				5-5:30 PM OPEN LANE SWIM 4 lanes available
5:30-6:30 PM STINGRAYS SWIMTEAM Sep 8 -Nov 19	4:30 – 7:30 PM CAPP SWIM LESSONS 1 lane available Sep 2 -Sep 30	5:30-6:30 PM STINGRAYS SWIMTEAM Sep 08 -Nov 19	4:30 – 7:30 PM CAPP SWIM LESSONS 1 lane available Sep 08 –Oct 23	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  JCC CAPP POOL # 651-255-4762 patriciat@minnesotajcc.org  POOL RE-OPENS AUGUST 28th		
6:30 – 7:30 PM MASTERS SWIM Reservation Required No lanes available	AQUA ZUMBA 7:30 PM – 8:15 PM No 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	8:15 - 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			