

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 | 11 AM – 12 PM ECC LESSONS Splash pad and rec pool not available | | | | | | 11 AM – 12 PM OPEN SWIM | | | |
| 11 AM – 12 PM ECC LESSONS Splash pad and rec pool not available | | | | | | | | | 12PM – 1:15 PM OPEN SWIM | 12 – 3 PM FAMILY SWIM Slide available | 2:30 – 5 PM SWIM LESSONS Rec pool not available |
| 12 – 2 PM OPEN SWIM | | | | | | | | | | | |
| 2-3PM ECC CAMP Shemesh Splash Pad and Rec Pool not available | 2 – 3 PM OPEN SWIM | AUGUST 13th POOL CLOSURE STARTS 3 – 4:30 PM OPEN SWIM | 3 – 5:30 pm FAMILY SWIM | | | | | | | | |
| 3 - 6PM OPEN SWIM | 3 – 4 PM ECC FREE SWIM Splash pad and rec pool not available | | | | | | | | | | |
| 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 |
| 11 AM –5:30 PM OPEN LANE SWIM 4 lanes available | 8:00 AM – 4:30 PM OPEN LANE SWIM 4 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 |
| | | 2 PM – 3 PM 2 Lanes Available SWIM LAB | 8 AM – 5 PM OPEN LANE SWIM 4 lanes available | | | 2:30 PM – 5 PM SWIM LESSONS |
| | | 3-4:30 PM OPEN LANE SWIM | | | | |
| | 4:30 – 7:30 PM SWIM LESSONS Up to 2 lanes available | 4:30 –5:30 PM SWIM LESSONS Up to 2 lanes available | | | | |
| | SWIM TEAM 5:30 PM – 6:30 PM No Lanes Available | SWIM TEAM 5:30 PM – 6:30 PM No Lanes Available | POOL HOURS POOL Closure August 13th-27th | | | |
| 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 | Monday – Thursday • 5:30 AM – 9:30 PM Friday • 5:30 AM – 5:30 PM Saturday & Sunday • 7:00 AM – 5:30 PM | | |
| 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 | JCC CAPP POOL # 651-255-4762 patriciat@minnesotajcc.org | | |