

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 – 10:30 AM FAMILY SWIM Slide available		8:30 -11 AM CAPP SWIM LESSONS 1 lane available Sep 2 -Oct 25	10 AM – 2:30 PM FAMILY SWIM Slide available
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		3 - 4 PM CLUB J Splash pad and rec pool not available		
	9am- 10:30 am FAMILY SWIM Slide available		12 – 3 PM FAMILY SWIM Slide available		12 PM – 4:30 PM OPEN SWIM	4 – 5:30 pm FAMILY SWIM
10 AM – 12 PM RUACH ALEF & BET ECC LESSONS Splash pad and rec pool not available	10:30-11:30 am Splash pad and rec pool not available	3pm – 9:30 PM OPEN SWIM		4:30 – 7:30 PM CAPP SWIM LESSONS Sep 2 -Oct 23 Rec pool not available		
11:30 am – 2PM OPEN SWIM	12 – 2:45PM AQUA FOR ARTHRITIS/ TAI CHI ANN		3pm – 9:30 PM OPEN SWIM		4:30 – 7:30 PM CAPP SWIM LESSONS Sep 2 -Sep 30 Rec pool not available	
12 – 6pm OPEN SWIM	3-4 pm CLUB J Splash pad and rec pool not available	7:30 – 9:30 PM OPEN SWIM		7:30 – 9:30 PM OPEN SWIM		
	OPEN SWIM 4-4:30 pm		8 – 9:30 PM OPEN SWIM		8 – 9:30 PM OPEN SWIM	
6 – 8 PM FAMILY SWIM Slide available	4:30 – 7:30 PM CAPP SWIM LESSONS Sep 2 -Sep 30 Rec pool not available	8 – 9:30 PM OPEN SWIM		8 – 9:30 PM OPEN SWIM		
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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	
	7:15 AM – 8:00 am COSMIN Swim Lab 2 Lanes available		AQUA ZUMBA Giovanna 10:00 am – 11:00 am No Lanes Available		7:15 AM – 8:00 am COSMIN Swim Lab 2 Lanes available	10 – 11 AM WATER AEROBICS Mike No lanes available	AQUA ZUMBA Giovanna 10-11 am No Lanes Available
10 – 11 AM WATER AEROBICS Jordan H No lanes available	8:00 AM – 4:30 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	
11 AM –4:45 PM OPEN LANE SWIM 4 lanes available		2 PM – 3 PM 2 Lanes Available DANIEL SWIM LAB				5:30-6:30 PM STINGRAYS SWIMTEAM Sep 8 -Nov 19	2:30 PM – 5 PM CAPP SWIM LESSONS 1 lane available Sep 08 –Oct 26
AQUA ZUMBA JAMES M 4:45 PM – 5:30 PM No Lanes Available		3-4:30 PM SWIM LESSONS w/DANIEL 3 OPEN LANE SWIM					5 – 5:30 PM OPEN LANE SWIM 4 lanes available
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				
5:30-6:30 PM STINGRAYS SWIMTEAM Sep 8 -Nov 19	6:30 – 7:30 PM MASTERS SWIM Reservation Required No lanes available	7 – 8 PM WATER AEROBICS Christina 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				8 – 9:30 PM OPEN LANE SWIM 4 lanes available	
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