

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 – 8 AM OPEN SWIM		7:15–8:30 AM OPEN SWIM	7:15 – 10 AM OPEN SWIM
		6 – 6:45 AM AQUA AEROBICS Christina	5:30 –10 AM OPEN SWIM				
		6:45 – 9 AM OPEN SWIM		8 AM – 10:30 AM FAMILY SWIM Slide available 9 – 11 am	5:30 AM – 3PM OPEN SWIM	8:30 -11 AM CAPP SWIM LESSONS 1 lane available NOV 1 -DEC 20	
	8 am – 10 AM FAMILY SWIM	9am- 10:30 am FAMILY SWIM Slide available	10 AM – 12PM Shalom ALEF & BET ECC LESSONS Splash Pad and rec pool not available				10 AM – 2:30 PM FAMILY SWIM Slide available 10 am – 2pm
	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		FREE SWIM ECC Shalom ALEF & BET 10:30-11:30 am Splash pad and rec pool not available	3 - 4 PM CLUB J Splash pad and rec pool not available		
		11:30 am – 2PM OPEN SWIM				11 am – 3 PM FAMILY SWIM Slide available	
		2 – 2:45PM AQUA FOR ARTHRITIS/ TAI CHI ANN	12 – 4:30PM FAMILY SWIM Slide available				2:30 – 5 PM CAPP SWIM LESSONS NOV 2 -DEC 21
	12 – 6pm OPEN SWIM	3-4:30 pm CLUB J Splash pad and rec pool not available	4:30 – 7:30 PM CAPP SWIM LESSONS NOV 5 -DEC 23 Rec pool not available	12 PM – 4:30 PM OPEN SWIM			
		4:30 – 7:30 PM CAPP SWIM LESSONS NOV 4 -DEC 22 Rec pool not available			4 – 5:30 pm FAMILY SWIM Slide Available	3 – 5:30 PM OPEN SWIM	5 – 5:30 PM OPEN SWIM
	6 – 8 PM FAMILY SWIM Slide available	Rec pool not available		4:30 – 7:30 PM CAPP SWIM LESSONS NOV 6 -DEC 23 Rec pool not available	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 CLUB J SPECIAL WINTER BREAK DAYS / REC POOL CLOSED DEC 22nd 3-4 PM DEC 22nd 1-2 pm DEC 29th 3-4 PM DEC 31st 1-2 pm		
	8 – 9:30 PM OPEN SWIM	7:30 PM – 9:30 P OPEN SWIM	7:30pm – 9:30 PM OPEN SWIM	7:30 – 9:30 PM OPEN SWIM			



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 HOLIDAY AQUA ZUMBA CLASS at 9 am DEC 24th	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
10 – 11 AM WATER AEROBICS Jordan H No lanes available	6:15 – 7:30 AM MASTERS SWIM Reservations required No lanes available		6:15 – 7:30 AM MASTERS SWIM Reservation Required No lanes available		8:30 -11 AM CAPP SWIM LESSONS 1 lane available NOV 1 -DEC 20	8:15 – 10 AM OPEN LANE SWIM 4 lanes available
11 AM – 4:45 PM 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
AQUA ZUMBA JAMES M 4:45 PM – 5:30 PM No Lanes Available	8am - 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 DEC. 25th AQUA ZUMBA CLASS AT 10 AM	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
5:30-6:30 PM STINGRAYS SWIMTEAM SEP 8-Nov 19	4:30 – 7:30 PM CAPP SWIM LESSONS NOV 4 -DEC 22 1 lane available	2 PM – 3 PM 2 Lanes Available DANIEL SWIM LAB				2:30 – 5 PM CAPP SWIM LESSONS 1 lane available NOV 2 -DEC 21
6:30 – 7:30 PM MASTERS SWIM Reservation Required No lanes available	7:30 PM - 9:30 PM OPEN LANE SWIM 4 lanes available	3-4:30 PM SWIM LESSONS w/DANIEL 3 LANES available	4:30 – 7:30 PM CAPP SWIM LESSONS NOV 5 -DEC 23 1 lane available	4:30 – 7:30 PM CAPP SWIM LESSONS 1 lane available NOV 6-DEC 23		5 – 5:30 PM OPEN LANE SWIM 4 lanes available
7:30 – 9:30 PM OPEN LANE SWIM		4:30 – 7:30 PM CAPP SWIM LESSONS NOV 5 -DEC 23 1 lane available			<p>Monday – Thursday • 5:30 AM – 9:30 PM Friday • 5:30 AM – 5:30 PM Saturday & Sunday • 7:00 AM – 5:30 PM</p> <p>JCC CAPP POOL # 651-255-4762 patriciat@minnesotajcc.org HOLIDAY AQUA ZUMBA CLASSES DEC 24th CLASS AT 9 AM DEC 25th CLASS AT 10 AM DEC 26th AT 10 AM</p>	
		5:30-6:30 PM STINGRAYS SWIMTEAM Sep 08 -Nov 19	7-8 PM WATER AEROBICS Christina No lanes available			
		6:30 – 7:30 PM MASTERS SWIM Reservation Required No lanes available	8-9:30 PM OPEN LANE SWIM			
		7:30 – 9:30 PM OPEN LANE SWIM				