

Pool Schedule

Spring 2017



Schedule is subject to change, please check www.SJCC.org for most current schedule.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 A		5:00 - 6:00 A Lap Swim 4 lanes		5:00 - 6:00 A Lap Swim 4 lanes		5:00 - 6:00 A Lap Swim 4 lanes	
9:00 AM		6:00 - 7:00 A Masters - 3 lanes Lap Swim - 1 lane		6:00 - 7:00 A Masters - 3 lanes Lap Swim - 1 lane		6:00 - 7:00 A Masters - 3 lanes Lap Swim - 1 lane	
7:00 AM			5:00 - 10:30 A Lap Swim 4 lanes		5:00 - 10:30 A Lap Swim 4 lanes		
8:00 AM	8:00 - 9:00 A Lap Swim - 3 lanes Swim lessons - 1 lane	7:00 - 9:00 A Lap Swim 4 lanes		7:00 - 9:00 A Lap Swim 4 lanes		7:00 - 9:15 A Lap Swim 4 lanes	
9:00 A	9:00 - 10:30 A Lap Swim - 2 lanes Lil'Bubblers - 2 lanes/2 ft. NO OPEN SWIM	9:00 - 10:00 A Aquatic Sport NO OPEN/LAP SWIM		9:00 - 10:00 A Aquatic Sport NO OPEN/LAP SWIM		9:15 - 10:15 P Masters - 3 lanes Lap Swim - 1 lane	8:00 - 10:30 A Lap Swim - 3 lanes Swim lessons - 1 lane
10:00 A		10:00 - 11:30 A Lap Swim - 4 lanes ECS - 2 ft.	10:30 - 11:30 A Lap Swim - 4 lanes/ECS - 2 ft.	10:00 - 11:30 A Lap Swim - 4 lanes ECS - 2 ft.	10:30 - 11:30 A Lap Swim - 4 lanes/ECS - 2 ft.		10:30 - 11:30 A Group Lessons NO OPEN/LAP SWIM
11:00 A		11:30 - 12:30 P Senior Aquatics NO OPEN/LAP SWIM	11:30 - 12:45 P Lap Swim - 2 lanes Open Swim - 2 lanes	11:30 - 1:45 P Lap Swim - 2 lanes Open Swim - 2 lanes	11:30 - 12:45 P Senior Aquatics NO OPEN/LAP SWIM	10:15 - 12:45 P Lap Swim - 2 lanes Open Swim - 2 lanes	
12:00 P		12:30 - 1:30 P Lap Swim - 2 lanes Open Swim - 2 lanes	12:45 - 1:15 P Lap Swim - 2 lanes Group Lessons 2 lanes/2ft.		12:45 - 1:15 P Lap Swim - 2 lanes Group Lessons 2 lanes/2ft.	12:45 - 1:15 P Lap Swim - 2 lanes Group Lessons 2 lanes/2ft.	
1:00 P		1:30 - 2:15 P Swim Lessons - 1 lane/2 ft. FASPS PE - 3 lanes NO OPEN/LAP SWIM	1:15 - 1:45 P Lap Swim - 2 lanes Open Swim - 2 lanes	1:45 - 2:15 P Lap Swim - 2 lanes Group Lessons 2 lanes/2ft.	1:15 - 1:45 P Lap Swim - 2 lanes Open Swim - 2 lanes	1:15 - 1:45 P Lap Swim - 2 lanes Open Swim - 2 lanes	11:30 - 5:00 P Lap Swim - 1 lane PDST - 1 lane Open Swim - 2 lanes
2:00 P	12:00 - 5:45 P Lap Swim - 2 lanes Open Swim - 2 lanes	2:15 - 3:30 P Lap Swim - 1 lane FASPS PE - 3 lanes	2:45 - 3:30 P Lap Swim - 1 lane FASPS PE - 3 lane/2 ft.	2:15 - 3:00 P Lap Swim - 2 lanes Open Swim - 2 lanes	2:45 - 3:30 P Lap Swim - 1 lane FASPS PE - 3 lane/2 ft.	1:45 - 2:15 P Lap Swim - 1 lane FASPS PE - 3 lane/2 ft.	
3:00 P		3:30 - 4:00 P Lap Swim - 2 lanes Open Swim - 2 lanes	Lap Swim - 2 lanes Open Swim - 2 lanes		Lap Swim - 2 lanes Open Swim - 2 lanes	2:15 - 4:30 P Lap Swim - 2 lanes Open Swim - 2 lanes	
4:00 P		4:00 - 5:15 P Group Lessons NO OPEN/LAP SWIM	3:30 - 5:30 P Group Lessons NO OPEN/LAP SWIM	3:00 - 5:15 P Group Lessons NO OPEN/LAP SWIM	3:30 - 5:30 P Group Lessons NO OPEN/LAP SWIM		
5:00 P	5:45 - 6:45 P Lap Swim - 1 lane Masters Swim - 3 lane	5:15 - 6:00 P Lap Swim - 2 lanes Open Swim - 2 lanes	5:30 - 6:30 P Pre-Comp - 2 lanes Lap Swim - 2 lanes	5:15 - 6:00 P Lap Swim - 2 lanes Open Swim - 2 lanes	5:30 - 6:30 P Pre-Comp - 2 lanes Lap Swim - 2 lanes	4:30 - 6:00 P Private Lessons - 1 lane/2 ft. PDST - 3 lanes NO OPEN/LAP SWIM	5:00 - 5:45 P Lap Swim - 2 L/Open Swim - 2 L
6:00 P			6:30 - 7:00 P Private Lessons - 1 lane PDST - 3 lanes NO OPEN/LAP SWIM			6:00 - 6:45 P Lap Swim - 1 lane PDST - 3 lanes	5:45 - 6:45 P Family Swim NO LAP SWIM
7:00 P		6:00 - 9:00 P Lap Swim - 1 lane PDST - 3 lanes		6:00 - 9:00 P Lap Swim - 1 lane PDST - 3 lanes			
8:00 P			7:00 - 9:00 A Lap Swim - 1 lane PDST - 3 lanes		6:30 - 9:00 P Lap Swim - 1 lane PDST - 3 lanes		
9:00 P		9:00 - 9:45 P Lap Swim 4 lanes	9:00 - 9:45 P Lap Swim 4 lanes	9:00 - 9:45 P Lap Swim 4 lanes	9:00 - 9:45 P Lap Swim 4 lanes		

Private Lessons may take up half a lane at any given time.

Lap Swim - Open to anyone who wishes to swim the length and back. Swimmers may split the lane if there are two occupants, 3 or more must circle swim

Open Swim - Open to anyone for recreational or fitness swimming. At this time, you have the opportunity to play, water walk, exercise, or dive*

*Children age 12 and younger must be accompanied by an adult

*Children age 5 and younger must be accompanied by an adult IN THE WATER and remain at arms length at all times

PDST - Pacific Dragon Swim Team

FASPS PE - French American School PE

2 ft. - Small 2 foot depth section for children

For more information please contact SJCC Aquatics Manager, Dominick Szabo at DominickS@SJCC.org or (206) 388-0821

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