

Pool Schedule

Fall 2017



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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		5:00 - 6:00 Lap Swim 4 lanes		5:00 - 6:00 Lap Swim 4 lanes		5:00 - 6:00 Lap Swim 4 lanes	
7:00 AM		6:00 - 7:00 Masters - 3 lanes Lap Swim - 1 lane		6:00 - 7:00 Masters - 3 lanes Lap Swim - 1 lane	5:00 - 9:00 Lap Swim 4 lanes	6:00 - 7:00 Masters - 3 lanes Lap Swim - 1 lane	
8:00 AM	8:00 - 8:30 Lap Swim 4 lanes	7:00 - 9:00 Lap Swim 4 Lanes	5:00 - 10:30 Lap Swim 4 lanes	7:00 - 9:00 Lap Swim 4 Lanes		7:00 - 9:00 Lap Swim 4 Lanes	8:00 - 10:30 Lap Swim - 2 lanes Lessons - 2 lanes
9:00 AM	8:30 - 10:30 Lap Swim - 2 lanes Swim Lessons - 2 lanes/2 ft. NO OPEN SWIM	9:00 - 10:00 Aquatic Sport NO OPEN/LAP SWIM		9:00 - 10:00 Aquatic Sport NO OPEN/LAP SWIM		9:00 - 10:15 Lap Swim - 1 lane Master - 3 Lanes	
10:00 AM	10:30 - 11:30 Group Lessons NO OPEN/LAP SWIM	10:00 - 11:30 Lap Swim - 4 lanes		10:00 - 10:30 Lap Swim - 4 lanes	9:00 - 10:30 Lap Swim - 4 lanes		10:30 - 11:30 Group Lessons NO OPEN/LAP SWIM
11:00 AM			10:30 - 11:30 Lap Swim - 4 lanes ECS - 2ft section	10:30 - 11:30 Lap Swim - 4 lanes ECS - 2ft section	10:30 - 11:30 Lap Swim - 4 lanes ECS - 2ft section		
12:00 PM		11:30 - 12:30 Senior Aquatics NO OPEN/LAP SWIM	11:30 - 12:45 Lap Swim - 4 lanes	11:30 - 1:45 Lap Swim - 4 lanes	11:30 - 12:30 Senior Aquatics NO OPEN/LAP SWIM	10:15 - 12:45 Lap Swim - 2 lanes Open Swim - 2 lanes	
1:00 PM		12:30 - 1:45 Lap Swim - 4 lanes	12:45 - 1:15 Lap Swim - 2 lanes Lessons - 2 lanes/2ft		12:30 - 12:45 Lap Swim - 4 lanes		
2:00 PM	11:30 - 5:00 Lap Swim - 1 lane Open Swim - 2 lanes PDST - 1 lane (12-5)	1:45 - 3:30 Lap Swim - 1 lane FA PE/Lessons - 3 lanes	1:45 - 2:45 FA PE - 3 lanes Lap Swim - 1 lane	1:45 - 2:15 Lap Swim - 2 lanes Lessons - 2 lanes/2ft	1:45 - 2:45 FA PE - 3 lanes Lap Swim - 1 lane	12:45 - 1:15 Lap Swim - 2 lanes Lessons - 2 lanes/2ft	11:30 - 5:00 Lap Swim - 1 lane PDST - 1 lane Open Swim - 2 lanes
3:00 PM			2:45 - 4:00 Lap Swim - 2 lanes Lessons - 2 lanes/2ft	2:15 - 3:30 Lap Swim - 2 lanes Open - 2 Lanes	2:45 - 3:30 Lap Swim - 4 lanes	1:15 - 1:45 Lap Swim - 4 lanes	
4:00 PM		3:30 - 4:00 Lap Swim - 2 lanes Open Swim - 2 lanes		4:00 - 5:15 Group Lessons NO OPEN/LAP SWIM	3:30 - 5:45 Group Lessons NO OPEN/LAP SWIM	1:45 - 2:45 Lap Swim - 1 lane FA PE - 3 lanes	
5:00 PM		4:00 - 5:15 Group Lessons NO OPEN/LAP SWIM	4:00 - 5:45 Group Lessons NO OPEN/LAP SWIM			2:45 - 4:30 Lap Swim - 2 lanes Open Swim - 2 lanes	
6:00 PM	5:00 - 6:45 Lap Swim - 4 lanes	5:15 - 6:00 Precomp swim - 2 lanes Open Swim - 2 lanes		5:15 - 6:00 Precomp swim - 2 lanes Open Swim - 2 lanes		4:30 - 6:45 Lap Swim - 1 lane PDST - 3 lanes	5:00 - 6:45 Lap Swim - 4 lanes
7:00 PM		6:00 - 9:45 Lap Swim - 1 lanes PDST - 3 lanes		6:00 - 9:00 Lap Swim - 1 lanes PDST - 3 lanes			
8:00 PM			6:30 - 9:00 Lap Swim - 1 lane PDST - 3 lanes		6:30 - 9:00 Lap Swim - 1 lane PDST - 3 lanes		
9:00 PM		9:00 - 9:45 Lap Swim - 4 lanes	9:00 - 9:45 Lap Swim - 4 lanes	9:00 - 9:45 Lap Swim - 4 lanes	9:00 - 9:45 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 - French American School

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