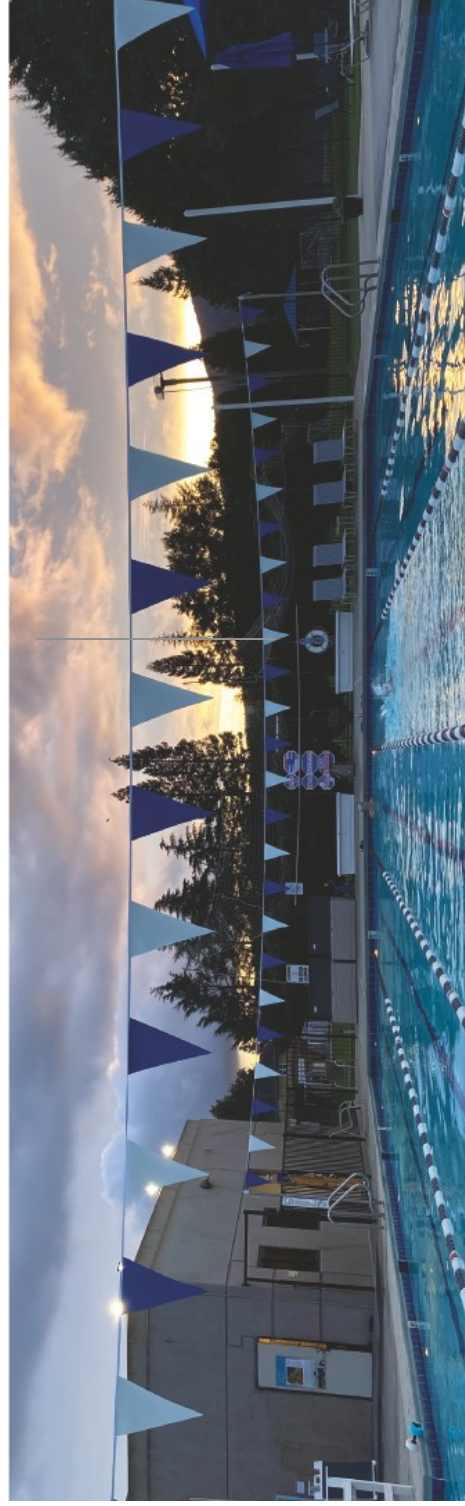


Pool Schedule **November 2023**

*Schedule is approximate and lane usage may change without notice

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Pool opens at 7:00am						Pool opens at 7:00am
7:00am							
8:00am							
9:00am							Swim Team (3 lanes)
10:00am	Aqua Fit (4 lanes)			Aqua Fit (4 lanes)			
11:00am		Aqua Fit (4 lanes)				Aqua Fit (4 lanes)	Swim Team Tryouts (1 lane)
12:00pm							Swim Lessons (1 lane)
1:00pm							
2:00pm							
3:00pm		Swim Team (2 lanes)		Swim Team (2 lanes)			
4:00pm		Swim Team (5 lanes)		Swim Team (5 Lanes)		Swim Lessons (1 lane)	
5:00pm							
6:00pm			Aqua Fit (4 lanes)		Aqua Fit (4 lanes)		
7:00pm	Pool closes at 6:30pm						Pool closes at 6:30pm
8:00pm							
9:00pm		Pool closes at 8:30pm					



Welcome to the JCC Aquatics Center!

Hours of Operation*

Monday through Friday6:00am-8:30pm

Saturday through Sunday.....7:00am-6:30pm

*Please check apjcc.org for holiday hours this month

Lap Swim

Lap swim is anytime there are no programs listed on the schedule. The programs will list the amount of lanes being used, any extra space is for swimmers.

The pool has a total of 6 lanes.

During shared lane swim, please remember:

- Try to choose a lane with a swimmer with a similar activity level as yours.
- Let other swimmers know you are entering the lane.
- Make sure to communicate with other swimmers what side you will be swimming on.
- Be Kind.

Swim Team

The Swim Team is operating year round and taking swimmers! Come to a tryout on Saturdays from 11:30am-12:00pm. Please check out the website for more info or email the Aquatics Department at aquatics@apjcc.org if you'd like to come to a tryout.

Swim Lessons

The APJCC offers Adult Swim lessons and Swim team enhancement lessons year round!

Aqua Fit

Aqua Fit is offered on Monday & Friday at 10:30-11:30am, Wednesday & Sunday from 10:00 am-11:00 am, & Tuesday & Thursday from 6:00 -7:00pm.