

Worcester JCC Indoor Pool Schedule Effective.....Monday, June 18 ... (Schedule subject to change)

<u>SATURDAY</u>	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>7-9am ADULT LAP SWIM (4 lap 2 open)</p> <p>9-12pm OPEN & LAP</p> <p>12-2pm ADULT LAP SWIM</p>	<p>7-9am ADULT LAP SWIM (4 lap 2 open)</p> <p>9-12pm OPEN & LAP</p> <p>12- 2pm ADULT LAP SWIM</p>	<p>5:30-8am LAP SWIM (4 lap 2 open)</p> <p>8-8:45am SHALLOW WATER Heidi (2 lap lanes open)</p> <p>8:45-9:30am OPEN & LAP</p> <p>9:30-12:00pm SUMMER CAMPS (1 lane open 10-12) (no lane on rainy days)</p> <p>12-12:55pm ADULT SWIM</p> <p>1-2:30pm SUMMER CAMPS (2 lap lanes open) (no lane on rainy days)</p> <p>2:30pm-3:30pm OPEN LAP SWIM</p> <p>3:30pm-5pm SWIM LESSONS (2 lap lanes)</p> <p>5pm-9pm OPEN & LAP</p>	<p>5:30-8am LAP SWIM (4 lap 2 open)</p> <p>8-8:45am DEEPWATER Elaine (2 lap lanes open)</p> <p>8:45-9:30am OPEN & LAP</p> <p>9:30-12:00pm SUMMER CAMPS (1 lane open 10-12) (no lane on rainy days)</p> <p>12-12:55pm ADULT SWIM</p> <p>1-2:30pm SUMMER CAMPS (2 lap lanes open) (no lane on rainy days)</p> <p>2:30pm-3:30pm OPEN LAP SWIM</p> <p>3:30pm-5:00pm SWIM LESSONS (2 lap lanes)</p> <p>5pm-6:00pm OPEN & LAP</p> <p>6pm-7:00pm AQUA CHALLENGE Marje (2 lanes open)</p> <p>7pm-9pm OPEN & LAP</p>	<p>5:30-8am LAP SWIM (4 lap 2 open)</p> <p>8-8:45am WATER-IN-MOTION Elaine (2 lap lanes open)</p> <p>8:45-9:30am OPEN & LAP</p> <p>9:30-12:00pm SUMMER CAMPS (1 lane open 10-12) (no lane on rainy days)</p> <p>12-12:55pm ADULT SWIM</p> <p>1-2:30pm SUMMER CAMPS (2 lap lanes open) (no lane on rainy days)</p> <p>2:30pm-3:30pm OPEN LAP SWIM</p> <p>3:30pm-5pm SWIM LESSONS (2 lap lanes)</p> <p>5pm-9pm OPEN & LAP</p>	<p>5:30-8am LAP SWIM (4 lap 2 open)</p> <p>8-8:45am DEEP WATER Sharon (2 lap lanes open)</p> <p>8:45-9:30am OPEN & LAP</p> <p>9:30-12:00pm SUMMER CAMPS (1 lane open 10-12) (no lane on rainy days)</p> <p>12-12:55pm ADULT SWIM</p> <p>1-2:30pm SUMMER CAMPS (2 lap lanes open) (no lane on rainy days)</p> <p>2:30pm-3:30pm OPEN LAP SWIM</p> <p>3:30pm-5pm SWIM LESSONS (2 lap lanes)</p> <p>5pm-6:00pm OPEN & LAP</p> <p>6pm-7:00pm AQUA CHALLENGE Sue (2 lanes open)</p> <p>7pm-9pm OPEN & LAP</p>	<p>5:30-8am LAP SWIM (4 lap 2 open)</p> <p>8-8:45am WATER IN MOTION Brenda (2 lap lanes open)</p> <p>8:45-9:30am OPEN & LAP</p> <p>9:30-12:00pm SUMMER CAMPS (1 lane open 10-12) (no lane on rainy days)</p> <p>12-12:55pm ADULT SWIM</p> <p>1-2:30pm SUMMER CAMPS (2 lap lanes open) (No lane on rainy days)</p> <p>2:30pm-6:30pm OPEN LAP SWIM</p>
<ul style="list-style-type: none"> • PLEASE SHOWER BEFORE ENTERING POOL • NO CHILDREN in the pool during Senior Swim & Aqua Aerobics • 11+ year olds accompanied by a parent may attend water fitness classes at the discretion of the instructor (Deep Water, Waterworks, Aqua Challenge & Water in Motion) • Private lessons are taught during open / lap times • Please allow transition period between activities • During busy times lap swimmers may have to share lanes • Children 12 and under must have a parent present on deck • Children under the age of 6 and/or wearing a floatation device must have a parent in the water 						