

## WORCESTER JCC - SWIM SCHEDULE

Effective.....Monday, November 26 through Sunday, March 9, 2008

\* Subject to Change

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<b>LAP SWIM....6:00 - 9:00 AM</b> (see below for the number of available open lanes)					
		Lap Swim 6:00-8:15 (6 lanes open)	Master Swim Class 6:15-7:15 am (4 lanes open)	Lap Swim 6:00-9:00 am (6 lanes open)	Master Swim Class 6:15-7:15 am (4 lanes open)	Lap Swim 6:00-8:15 (6 lanes open)	
			Deep Water 8:15-9:00 am (*2 lanes open)		Deep Water 8:15-9:00 am (*2 lanes open)	Deep Water 8:15-9:00 am (*2 lanes open)	
		Swim Lessons 9:00-11:00 am (2 adult lap lanes open)	Waterworks 9-9:45 am (1 lane open)		Waterworks 9-9:45 am (1 lane open)		Waterworks 9-9:45 am (1 lane open)
			Open Swim 10:00-11:00 am	Swim Lessons 9:30-11 am (2 lanes open)	Open Swim 10:00-11:00 am	Swim Lessons 9:30-10:30 am (2 lanes open)	Open Swim 10:00-11:00 am
		<b>OPEN &amp; LAP SWIM.....11:00 am - 1:00 pm</b> (Remember to share lanes)					
				Swim Lessons 12-12:30 pm			
		<b>SENIOR SWIM.....1:00 - 2:00 pm</b>					
		<b>OPEN SWIM.....2:00-3:00 pm</b>				Open Swim 2:00-3:30 pm	
		ASSP 3:30-4:30 pm	Swim Lessons 3:30-4:30 pm	Swim Lessons 3:30-4:30 pm	Swim Lessons 3:30-4:30 pm	<b>***WRHS Swim Team 3:00-5:00 pm (1 lane open)</b>	
		<b>WRHS SWIM TEAM.....3:00 - 4:30 pm</b> (no lanes open)					(Friday) (1 lane open)
		<b>SWIM TEAM.....4:30 - 7:00 pm</b> (no lanes open)					
		Open & Lap 7:00-9:30 pm (2 lanes open)	Aqua Challenge 7:10-7:50 pm (*2 lanes open)	Open & Lap 7:00-9:30 pm (2 lanes open)	Deep Water 7:10-7:50 pm (*2 lanes open)		
			Open & Lap 7:50-9:30 pm		Open & Lap 7:50-9:30 pm		
					Scuba Diving 8:00-9:30 pm (3 lanes open)		

NO CHILDREN in the pool during...Senior Swim & Aqua Aerobics (Deep Water, Waterworks & Aqua Challenge)

\* Depending on class size - only one lane may be open.

\*\* JCC SWIM MEET, SUNDAYS...December 2, 9, 16 and January 27.

\*\*\*WRHS Swim Meets:

Pool closed from 3:00 - 5:00 pm on Wed., January 2 and Friday's, January 4, 11, 25 and February 1.