

**SSBJCC Indoor Pool Schedule  
September 18 through September 24 2023**

	Monday 18-Sep							Tuesday 19-Sep							Wednesday 20-Sep							Thursday 21-Sep							Friday 22-Sep							Saturday 23-Sep							Sunday 24-Sep						
	Lanes							Lanes							Lanes							Lanes							Lanes							Lanes													
	1	2	3	4	5	D	S	1	2	3	4	5	D	S	1	2	3	4	5	D	S	1	2	3	4	5	D	S	1	2	3	4	5	D	S	1	2	3	4	5	D	S	1	2	3	4	5	D	S
6:00																																																	
6:30																																																	
7:00																																																	
7:30																																																	
8:00																																																	
8:30	Class 9:00-10:00am							Aqua Aerobics 9:00-10:00am							Aqua Aerobics 8:45-9:45am														Aqua Aerobics 8:45-9:45am																				
9:00	LANES CLOSE @ 8:45							LANES CLOSE @ 8:45am							LANES CLOSE @ 8:30am														LANES CLOSE @ 8:30																				
9:30																																																	
10:00																																																	
10:30																																																	
11:00																																																	
11:30																																																	
12:00																																																	
12:30																																																	
1:00																																																	
1:30																																																	
2:00																																																	
2:30																																																	
3:00																																																	
3:30																																																	
4:00																																																	
4:30																																																	
5:00																																																	
5:30																																																	
6:00																																																	
6:30																																																	
7:00																																																	
7:30																																																	
8:00																																																	
8:30																																																	
9:00																																																	
9:30																																																	
JCC CLOSED							Pool Closes 8:45pm							Pool Closes 8:45pm							Pool Closes 8:45pm							JCC 5:45PM CLOSE							JCC 5:45PM CLOSE							JCC 3PM CLOSE							

KEY									
D	Ramp Deep Side		Lap Swim		Aquatics Programming		Red Cross Class		Rental Group
S	Ramp Shallow		Camp		Water Fitness		Rec Swim		

***THIS SCHEDULE IS MEANT TO BE A GENERAL GUIDE ONLY AND IS SUBJECT TO CHANGE AT ANY TIME.***

LAP LANES ARE RESERVED FOR SWIMMERS AGES 13 AND OVER. WHEN THERE IS ONLY 1 LAP LANE THE RECREATIONAL LANE WILL BE THE RAMP.

THE INTERMEDIATE POOL IN THE BUBBLE ONLY IS AVAILABLE FOR RECREATIONAL/FAMILY SWIM MONDAYS AND WEDNESDAYS FROM 4-6PM

WATER FITNESS PARTICIPANTS: PLEASE ARRIVE 5-10 MINUTES PRIOR TO CLASS START TIME.

RECREATIONAL LANE: THIS LANE IS FOR THE USE OF OUR CHILDREN AND FAMILIES. LAP SWIMMERS ARE WELCOME TO USE THIS LANE, HOWEVER SHOULD BE ADVISED THAT THIS LANE IS NOT EXCLUSIVE TO LAP SWIMMING.

LAP LANE ETEQUITTE: Before jumping into a lane to swim, please make sure the swimmer in that lane is aware that you will be sharing with them.

CIRCLE SWIM: If more than 2 people are in a lap lane at a given time, circle swim will be in effect. All swimmers will need to keep the lane line to their right.

Passing must be completed on the left in a safe manner for all swimmers. No flip turns. Aquatics Staff reserves the right to shift persons in lanes as necessary.