SSBJCC Indoor Pool Schedule
September 11 through September 17 2023

	Monday 11-Sep	Tuesday 12-Sep	Wednesday 13-Sep	Thursday 14-Sep	Friday 15-Sep	Saturday 16-Sep	Sunday 17-Sep
	Lanes 1 2 3 4 5 D S	Lanes 1 2 3 4 5 D S	Lanes 1 2 3 4 5 D S	Lanes 1 2 3 4 5 D S	Lanes 1 2 3 4 5 D S	Lanes 1 2 3 4 5 D S	Lanes 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				Aqua Aerobics 10:45-11:45am			
11:00				LANES CLOSE @ 10:30			
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 3PM CLOSE	JCC CLOSED	JCC CLOSED

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.