

Staenberg Family Complex Indoor Pool Schedule

Warm Water Recreation Pool

	SUNDAY				MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY								
TIMES	Lane 1	Lane 2	Beach Entry Play Area	Open Water Area	Lane 1	Lane 2	Beach Entry Play Area	Open Water Area	Lane 1	Lane 2	Beach Entry Play Area	Open Water Area	Lane 1	Lane 2	Beach Entry Play Area	Open Water Area	Lane 1	Lane 2	Beach Entry Play Area	Open Water Area	Lane 1	Lane 2	Beach Entry Play Area	Open Water Area	Lane 1	Lane 2	Beach Entry Play Area	Open Water Area	TIMES				
5:30 am																																	5:30 am
6:00 am																																	6:00 am
7:00 am																																	7:00 am
8:00 am	Lap Swim 7:00 - 9:30 am						Open 5:30 - 9:00 am																						Lap Swim 7:00 - 9:30 am	Open 7:00 - 10:00 am	8:00 am		
9:00 am																																	9:00 am
10:00 am							Open 9:00 am - 12:00 pm	Arthritis Foundation 9:00 - 9:45 am																					Swim Academy 9:30 am - 12:00 pm			10:00 am	
11:00 am	Swim Academy 9:30 am - 2:00 pm																																11:00 am
12:00 pm																																	12:00 pm
1:00 pm			Beach Area Features Open 10:00 am - 5:30 pm	Slide Open 10:00 am - 5:30 pm																									Beach Area Features Open 10:00 am - 5:30 pm	Slide Open 10:00 am - 5:30 pm	1:00 pm		
2:00 pm							Open 12:00 - 4:00 pm																						Lap Swim 12:00 - 5:30 pm			2:00 pm	
3:00 pm																																	3:00 pm
4:00 pm																																	4:00 pm
5:00 pm																																	5:00 pm
5:30 pm							Beach Area Features Open 4:00 - 8:00 pm	Slide Open 4:00 - 8:00 pm																									5:30 pm
6:00 pm																																	6:00 pm
7:00 pm																																	7:00 pm
8:00 pm																																	8:00 pm
9:00 pm																																	9:00 pm



Staenberg Family Complex Indoor Pool Schedule

Lap Pool

	SUNDAY				MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY								
TIMES	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	Lane 1	Lane 2	Lane 3	Lane 4	TIMES				
5:30 am																																	5:30 am
6:00 am																																	6:00 am
7:00 am	Lap Swim 7:00 - 9:30 am																																7:00 am
8:00 am																																	8:00 am
9:00 am	Lap Swim 9:30 - 10:30 am	Aqua Zumba 9:30 - 10:30 am																															9:00 am
10:00 am					Lap Swim 5:30 am - 5:00 pm				Lap Swim 5:30 am - 5:00 pm				Lap Swim 5:30 am - 5:00 pm				Lap Swim 5:30 am - 5:00 pm												10:00 am				
11:00 am																					Lap Swim 5:30 am - 5:30 pm												11:00 am
12:00 pm																									Lap Swim 7:00 am - 5:30 pm								12:00 pm
1:00 pm																																	1:00 pm
2:00 pm	Lap Swim 10:30 am - 5:30 pm																																2:00 pm
3:00 pm																																	3:00 pm
4:00 pm																																	4:00 pm
5:00 pm						Swim Club 5:00 - 6:00 pm			Lap Swim 5:00 - 6:00 pm	Swim Club 5:00 - 6:00 pm				Swim Club 5:00 - 6:00 pm			Lap Swim 5:00 - 6:00 pm	Swim Club 5:00 - 6:00 pm											5:00 pm				
5:30 pm					Lap Swim 5:00 - 7:15 pm				Lap Swim 5:00 - 6:00 pm				Lap Swim 5:00 - 7:15 pm				Lap Swim 5:00 - 6:00 pm																5:30 pm
6:00 pm						Deep Water Fitness 6:15 - 7:15 pm								Deep Water Fitness 6:15 - 7:15 pm																			6:00 pm
7:00 pm					Lap Swim 7:15 - 9:00 pm				Lap Swim 6:00 - 9:00 pm				Lap Swim 7:15 - 9:00 pm				Lap Swim 6:00 - 9:00 pm												7:00 pm				
8:00 pm																																	8:00 pm
9:00 pm																																	9:00 pm

REV 12/1/2010

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Note: in an effort to minimize interference with lap swimmers, basketball is available at the discretion of the aquatic staff.
 Our aquatic staff will supervise the pool so that recreational swimmers, lap swimmers and water walkers can share the facility, so that we can obtain maximum usage.
 J classes and programs take priority regarding pool usage.
 Schedule subject to change.

JEWISH COMMUNITY CENTER
 FITNESS FOR EVERYBODY

