



**\*LIFEGUARD TRAINING M-F**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00 AM								6:00 AM
6:30 AM		MASTERS (4) LAPS (2)	LAPS (6)	MASTERS (4) LAPS (2)	RENTAL (3) LAPS (3)	MASTERS (4) LAPS (2)		6:30 AM
7:00 AM								7:00 AM
7:30 AM								7:30 AM
8:00 AM		LAPS (6)	AQUAPOWER (4) LAPS (2)	LAPS (6)	AQUAPOWER (4) LAPS (2)	LAPS (6)		8:00 AM
8:30 AM							AQUAPOWER (4) LAPS (2)	8:30 AM
9:00 AM	LAPS (6)							9:00 AM
9:30 AM		AQUAROBICS (4) TRAINING (2)		AQUAROBICS (4) LAPS (2)		AQUAROBICS (4) TRAINING (2)	AQUAROBICS (4) LAPS (2)	9:30 AM
10:00 AM				LAPS (4) OPEN SWIM (2)				10:00 AM
10:30 AM								10:30 AM
11:00 AM	LAPS (4) OPEN SWIM (2)					TRAINING (2) LAPS (4)	LAPS (4) OPEN SWIM (2)	11:00 AM
11:30 AM								11:30 AM
12:00 NOON								12:00 NOON
12:30 PM		LAPS (6)		LAPS (6)	TRAINING (2) LAPS (4)			12:30 PM
1:00 PM			TRAINING (2) LAPS (4)			LAPS (6)		1:00 PM
1:30 PM								1:30 PM
2:00 PM								2:00 PM
2:30 PM	LAPS (4) OPEN SWIM (2)	TRAINING (2) LAPS (2) OPEN SWIM (2)		TRAINING (2) LAPS (2) OPEN SWIM (2)			LAPS (4) OPEN SWIM (2)	2:30 PM
3:00 PM			LAPS (4) OPEN SWIM (2)		LAPS (4) OPEN SWIM (2)			3:00 PM
3:30 PM								3:30 PM
4:00 PM				LAPS (4) OPEN SWIM (2)				4:00 PM
4:30 PM								4:30 PM
5:00 PM				STINGRAYS (5) LAP (1)			LAPS (6)	5:00 PM
5:30 PM	LAPS (6)					LAPS (4) OPEN SWIM (2)		5:30 PM
6:00 PM				STINGRAYS (2) LAPS (4)				6:00 PM
6:30 PM								6:30 PM
7:00 PM			MASTERS (4) LAPS (2)		MASTERS (4) LAPS (2)			7:00 PM
7:30 PM		RENTAL (3) LAPS (3)		LAPS (4) OPEN SWIM (2)				7:30 PM
8:00 PM					RENTAL (3) LAPS (3)			8:00 PM
8:30 PM								8:30 PM
9:00 PM				LAPS (6)				9:00 PM
9:30 PM								9:30 PM

**\*MJCC RESERVES THE RIGHT TO MODIFY THIS SCHEDULE AS NEEDED\***



**Mittleman**  
 Jewish Community Center  
 At the Schnitzer Family Campus

# Warm Pool Schedule

June 17 - June 23

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																
7:30 AM		ADULT EX + PRIVATES						7:30 AM															
8:00 AM							ADULT EX + PRIVATES						8:00 AM										
8:30 AM												ADULT EX + PRIVATES						8:30 AM					
9:00 AM	OPEN SWIM																AI CHI		AI CHI		OPEN SWIM	9:00 AM	
9:30 AM																						9:30 AM	
10:00 AM		ARTHRTIS EX															10:00 AM						
10:30 AM		ARTHRTIS EX					10:30 AM																
11:00 AM		OPEN SWIM						11:00 AM															
11:30 AM	OPEN SWIM	OPEN SWIM						11:30 AM															
12:00 NOON		ADULT EX + PRIVATES						12:00 NOON															
12:30 PM	ADULT EX + PRIVATES						ADULT EX + PRIVATES						12:30 PM										
1:00 PM												ADULT EX + PRIVATES						1:00 PM					
1:30 PM	OPEN SWIM																ADULT EX + PRIVATES					OPEN SWIM	1:30 PM
2:00 PM																							
2:30 PM		OPEN SWIM																				2:30 PM	
3:00 PM		OPEN SWIM					3:00 PM																
3:30 PM	OPEN SWIM	OPEN SWIM					3:30 PM																
4:00 PM		OPEN SWIM					4:00 PM																
4:30 PM		OPEN SWIM					4:30 PM																
5:00 PM		OPEN SWIM					5:00 PM																
5:30 PM		OPEN SWIM					5:30 PM																
6:00 PM		WATER FUSION	OPEN SWIM	WATER FUSION	OPEN SWIM		6:00 PM																
6:30 PM		WATER FUSION	OPEN SWIM	WATER FUSION	OPEN SWIM		6:30 PM																
7:00 PM		ADULT EX + PRIVATES					7:00 PM																
7:30 PM		ADULT EX + PRIVATES					7:30 PM																
8:00 PM							8:00 PM																

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