

# JCC - South Hills Fall 2011 OPEN POOL SECTION, ACTIVITY & Swim Team Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	TIME	
5:30	Lap Swimming 5:30-6:30am	Lap Swimming 5:30-6:30am	Lap Swimming 5:30-6:30am	Lap Swimming 5:30-6:30am	Lap Swimming 5:30-6:30am	Birthday Parties may be in the open section of the pool on weekends. Members are welcome to swim.		5:30	
6:00	Open area limited	Open area limited	Open area limited	Open area limited	Open area limited			6:00	
7:00	OPEN	OPEN	OPEN	OPEN	OPEN			7:00	
7:30	OPEN	OPEN	OPEN	OPEN	OPEN			7:30	
8:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	8:00	
8:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	8:30	
9:00	Arthritis 9-10am in middle of Pool	OPEN	Tadpoles/OPEN	OPEN	Arthritis 9-10am in middle of Pool	Limited	L1/open	9:00	
9:30		OPEN	OPEN	OPEN		Limited	L2/open	9:30	
10:00	Tadpoles/OPEN	ECDC/OPEN	ECDC/OPEN	Level 1/OPEN	OPEN	Limited	L3/open	10:00	
10:30	OPEN	ECDC/OPEN	ECDC/OPEN	Level 2/OPEN	OPEN	Limited	L4/open	10:30	
11:00	OPEN	ECDC/OPEN	OPEN	OPEN	OPEN	OPEN	L5/open	11:00	
11:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	Tadpole/ope	11:30	
12:00	Arthritis 12-1 pm in middle of the pool	Arthritis 12-1pm in middle of Pool	Arthritis 12-1pm in middle of Pool	Arthritis 12-1pm in middle of Pool	OPEN	OPEN	OPEN	12:00	
12:30					OPEN	OPEN	SliverSplash @12:30	12:30	
1:00	OPEN	Silver Splash 1pm in middle of Pool	OPEN	Silver Splash 1pm in middle of Pool	OPEN	OPEN	OPEN	1:00	
1:30	OPEN		OPEN		OPEN	OPEN	OPEN	1:30	
2:00	OPEN	ECDC/OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	2:00	
2:30	OPEN	Tadpoles/OPEN	Tadpoles/OPEN	OPEN	OPEN	OPEN	OPEN	2:30	
3:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	3:00	
3:30	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	3:30	
4:00	Fitness Swimming for Kids/Open Area Limited	Level 1/OPEN	Fitness Swimming for Kids/Open Area Limited	OPEN	OPEN	OPEN	OPEN	4:00	
4:30		Level 2/OPEN		OPEN	OPEN	OPEN	OPEN	4:30	
5:00	OPEN	Level 3/OPEN	Level 4/OPEN	Tadpoles/OPEN	OPEN	OPEN	OPEN	5:00	
5:30	OPEN	OPEN	Level 5/OPEN	Level 1/OPEN	OPEN	OPEN	OPEN	5:30	
6:00	OPEN	OPEN	OPEN	Leve 2/OPEN	CLOSE AT 6:00 PM		CLOSE AT 6:00PM		6:00
6:30	OPEN	OPEN	OPEN	Level 3/OPEN	Swim Lessons and Water Exercise Classes are held in part of the open area			6:30	
7:00	OPEN	OPEN	OPEN	Level 4/OPEN			7:00		
7:30	OPEN	OPEN	OPEN	Level 5/OPEN			7:30		
8:00	OPEN	OPEN	OPEN	OPEN			8:00		
8:30	OPEN	OPEN/KAYAK	OPEN	OPEN				8:30	
9:00	OPEN	OPEN/KAYAK	OPEN	OPEN	**SUBJECT TO CHANGE**			9:00	
9:30	CLOSE AT 9:30PM	CLOSE AT 9:30PM	CLOSE AT 9:30PM	CLOSE AT 9:30PM			rev. 9/9/2011	9:30	



JCC - South Hills Fall 2011 LAP LANES SECTION, ACTIVITY & Swim Team Schedule												
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	TIME				
5:30	Lap Swimming 5:30-6:30am	TWST am practice 5:30-6, 3 lanes avail 6:-7:15, 2 lanes avail	Lap Swimming 5:30-6:30am	TWST am practice 5:30-6, 3 lanes avail 6:-7:15, 2 lanes avail	Lap Swimming 5:30-6:30am	Swim team will practice 9-11 on Sat		5:30				
6:00								6:00				
7:00								7:00				
7:30	7:30											
8:00	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4LN OPEN	4 LN OPEN	8:00				
8:30	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4LN OPEN	4 LN OPEN	8:30				
9:00	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	2LN OPEN	4 LN OPEN	9:00				
9:30	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	2LN OPEN	4 LN OPEN	9:30				
10:00	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	2LN OPEN	4 LN OPEN	10:00				
10:30	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	2LN OPEN	4 LN OPEN	10:30				
11:00	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	2LN OPEN	4 LN OPEN	11:00				
11:30	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4LN OPEN	4 LN OPEN	11:30				
12:00	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4LN OPEN	4 LN OPEN	12:00				
12:30	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4LN OPEN	4 LN OPEN	12:30				
1:00	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4LN OPEN	4 LN OPEN	1:00				
1:30	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4LN OPEN	4 LN OPEN	1:30				
2:00	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4LN OPEN	4 LN OPEN	2:00				
2:30	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4LN OPEN	4 LN OPEN	2:30				
3:00	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4LN OPEN	4 LN OPEN	3:00				
3:30	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4 lanes Open	4LN OPEN	4 LN OPEN	3:30				
4:00	<b>Tidal Wave Swim Team</b> <b>Monday-Thursday</b> <b>3:30-4:30 1-2 Lanes available</b> <b>4:30-7:00 1 Lane available</b> <b>7:00-7:30 1-3 Lanes available</b> <b>subject to change</b>				<b>Swim Team</b> 3:45-5, 1-2 LN Open 5-6pm, 1 LN Open	4LN OPEN	4 LN OPEN	4:00				
4:30						4LN OPEN	4 LN OPEN	4:30				
5:00						4LN OPEN	4 LN OPEN	5:00				
5:30									CLOSE AT 6:00 PM	CLOSE AT 6:00 PM		5:30
6:00									6:00	Please see lifeguard for lane availability. We will try to accommodate within reason. Please exit the building by posted closing time S.T. = Swim Team, LN = Lanes <b>SUBJECT TO CHANGE</b>		
6:30									6:30			
7:00									7:00			
7:30					7:30							
8:00	4 lanes Open	<b>Adult fitness</b> <b>swimming/Kayak 1-2</b> <b>lanes open</b>	4 lanes Open	4 lanes Open	8:00							
8:30	4 lanes Open		4 lanes Open	4 lanes Open	8:30							
9:00	4 lanes Open		4 lanes Open	4 lanes Open	9:00							
9:30	CLOSE AT 9:30PM		CLOSE AT 9:30PM	CLOSE AT 9:30PM	CLOSE AT 9:30PM	9:30						