

# JEWISH FOR GOOD AQUATICS SCHEDULE: JULY 7 - AUGUST 24

**\*MAIN SEASON (POST-SWIM TEAM)\***

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY														
7am		LAP SWIM, ALL LANES: 7-7:45am	LAP SWIM, ALL LANES: 7-7:45am		LAP SWIM, ALL LANES: 7-7:45am	LAP SWIM, ALL LANES: 7-7:45am															
7:30am																					
8am	LAP SWIM, ALL LANES: 8-8:45am	LAP SWIM, ALL LANES: 8-9:15am	LAP SWIM, ALL LANES: 8-9:15am	SENSORY OPEN SWIM: 8-9:20am	LAP SWIM, ALL LANES: 8-9:15am	LAP SWIM, ALL LANES: 8-9:15am	LAP SWIM, ALL LANES: 8-8:45am														
8:30am																					
9am	GROUP EXERCISE: 9:15-10am	GROUP EX: 9:30-10:15am	ECLC IN FAMILY POOL 9:30-10:30am	GROUP EX: 9:30-10:15am	ECLC IN FAMILY POOL 9:30-10:30am	GROUP EX: 9:30-10:15am	ECLC IN FAMILY POOL 9:30-10:30am	GROUP EXERCISE: 9-9:45am													
9:30am																					
10am	SWIM LESSONS: 10am-3pm	OPEN SWIM: 10am-5:45pm	CAMP SHELANU: 10:30am-1pm	CAMP SHELANU: 10:30am-1pm	CAMP SHELANU: 10:30am-1pm	CAMP SHELANU: 10:30am-1pm	CAMP SHELANU: 10:30am-1pm	SWIM LESSONS: 10am-3pm													
10:30am																					
11am																					
11:30am																					
12pm																					
12:30pm																					
1pm									OPEN SWIM LAP POOL ONLY: 1-2pm	LAP SWIM (2 LANES): 1-2pm	ECLC IN FAMILY POOL 1-2pm	OPEN SWIM LAP POOL ONLY: 1-2pm	LAP SWIM (2 LANES): 1-2pm	ECLC IN FAMILY POOL 1-2pm	LIFEGUARD IN-SERVICE AND SAFETY TRAINING: 1-2pm	OPEN SWIM LAP POOL ONLY: 1-2pm	LAP SWIM (2 LANES): 1-2pm	ECLC IN FAMILY POOL 1-2pm	OPEN SWIM LAP POOL ONLY: 1-2pm	LAP SWIM (2 LANES): 1-2pm	ECLC IN FAMILY POOL 1-2pm
1:30pm																					
2pm																					
2:30pm																					
3pm	LAP SWIM (2 LANES): 3-5:45pm	SWIM LESSONS: 2-6pm	OPEN SWIM: 2-7:30pm	SWIM LESSONS: 2-6pm	OPEN SWIM: 2-6pm	SWIM LESSONS: 2-6pm	OPEN SWIM: 2-7:30pm	SWIM LESSONS: 2-6pm	OPEN SWIM: 2-6pm	SWIM LESSONS: 2-6pm	OPEN SWIM: 2-7:30pm	LAP SWIM, 2 LANES: 3-7:30pm	OPEN SWIM: 10am-7:30pm								
3:30pm																					
4pm																					
4:30pm																					
5pm																					
5:30pm																					
6pm	SPECIAL PROGRAMS: 6-7:30pm	LAP SWIM, 2 LANES: 6-7:30pm	LAP SWIM, ALL ALL LANES: 6-7:30pm	OPEN SWIM FAMILY POOL ONLY: 6-7:30pm	LAP SWIM, 2 LANES: 6-7:30pm	LAP SWIM, ALL ALL LANES: 6-7:30pm	OPEN SWIM FAMILY POOL ONLY: 6-7:30pm	LAP SWIM, 2 LANES: 6-7:30pm	LAP SWIM, 2 LANES: 6-7:30pm	LAP SWIM, 2 LANES: 6-7:30pm	LAP SWIM, 2 LANES: 6-7:30pm	LAP SWIM, 2 LANES: 6-7:30pm	LAP SWIM, 2 LANES: 6-7:30pm								
6:30pm																					
7pm																					
7:30pm	CLEAN AND RESET FOR TOMORROW																				