

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: 9-9:45am	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
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	SWIM LESSONS: 10am-3pm
10:30am							
11am							
11:30am							
12pm							
12:30pm							
1pm							
1:30pm							
2pm							
2:30pm							
3pm	LAP SWIM (2 LANES): 3-5:45pm	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
3:30pm							
4pm							
4:30pm							
5pm							
5:30pm							
6pm							
6:30pm							
7pm							
7:30pm							