

JEWISH FOR GOOD AQUATICS SCHEDULE: MAY 11 - JUNE 8

EARLY SEASON

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7am								
7:30am								
8am	LAP SWIM (ALL LANES): 8-8:45am						LAP SWIM (ALL LANES) 8-8:45am	
8:30am								
9am	GROUP EXERCISE: 9:15-10am	LAP SWIM: 9-9:45am		LAP SWIM: 9-9:45am			LAP SWIM (ALL LANES): 9-9:45am	
9:30am								
10am	SWIM LESSONS: 10am-3pm	OPEN SWIM: 10am- 5:45pm	GROUP EXERCISE: 10-10:45am	GROUP EXERCISE: 10:15-11am	GROUP EXERCISE: 10-10:45am	GROUP EXERCISE: 10:15-11am	SWIM LESSONS: 10am-3pm	
10:30am								
11am			LAP SWIM: 11-11:45am		LAP SWIM: 11-11:45am			
11:30am								
12pm								
12:30pm				ECLC IN FAMILY POOL: 12-2pm	ECLC IN FAMILY POOL: 12-2pm	ECLC IN FAMILY POOL: 12-2pm		
1pm								LAP SWIM: 1-1:45pm
1:30pm								
2pm					LAP SWIM: 2-2:45pm			LAP SWIM: 2-2:45pm
2:30pm								
3pm	LAP SWIM (2 LANES): 3-5:45pm		LAP SWIM: 3-3:45pm		LAP SWIM: 3-3:45pm	LAP SWIM (2 LANES): 3-7:30pm		
3:30pm								
4pm								
4:30pm		WATER DRAGONS SWIM TEAM: 4:30-6:30pm	WATER DRAGONS SWIM TEAM: 4:30-6:30pm	WATER DRAGONS SWIM TEAM: 4:30-6:30pm	WATER DRAGONS SWIM TEAM: 4:30-6:30pm			
5pm								
5:30pm								
6pm	SPECIAL PROGRAMS: 6-7:30pm							
6:30pm								
7pm		LAP SWIM: 7-7:45pm	LAP SWIM: 7-7:45pm	LAP SWIM: 7-7:45pm	LAP SWIM: 7-7:45pm			
7:30pm	CLEAN AND RESET FOR TOMORROW							