

PROGRAM POOL - LAP SWIM SCHEDULE

Schedule valid: September 13 - Nov 21, 2021

AQUATICS at the Shames JCC



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00a-10:15a 4 Lanes	5:00a-4:00p 4 Lanes	5:00a-7:45a 4 Lanes	5:00a-6:45a 4 Lanes	5:00a-7:45a 4 Lanes	5:00a-4:00p 4 Lanes	CLOSED
10:15a-11:30a 3 Lanes	4:00p-6:00p SWIM TEAM	7:45a-9:00a 3 Lanes	6:45a-8:00a 3 Lanes	7:45a-9:00a 3 Lanes	4:00p-5:30p TRAINING	
11:30a-5:30p 4 Lanes	6:00p-7:30p 3 Lanes	9:00a-10:45a 4 Lanes	8:00a-4:00p 4 Lanes	9:00a-10:45a 4 Lanes	5:30p Closed	
5:30p Closed	7:30p Closed	10:45a-12:00p 3 Lanes	4:00p-6:00p SWIM TEAM	10:45a-12:00p 3 Lanes		
		12:00p-4:00p 4 Lanes	6:00p-7:30p 4 Lanes	12:00p-4:00p 4 Lanes		
		4:00p-6:00p SWIM TEAM	7:30p Closed	4:00p-6:00p SWIM TEAM		
		6:00p-7:30p 4 Lanes		6:00p-7:30p 4 Lanes		
		7:30p Closed		7:30p Closed		

Aquatic Exercise Hours

Monday: Aqua Arthritis 11:45a-12:30p

Tuesday: Hydro H.A.T 8:00a-8:45a

Wednesday: Aqua Arthritis 11:45a-12:30p

Thursday: Aqua Aerobics 8:00a-8:45a

Friday: Aqua Arthritis 11:45a-12:30p

Closures, Events, and Info:

- Swim caps are mandatory for anyone ages 3+. Swim caps sold at front desk and Aquatics Office.
- Private Swim Lessons are conducted throughout the day in one or two lanes as scheduled by the Aquatics Department.
- We offer community lifeguard classes year round. These may occupy lanes, as needed. Times & dates vary.
- **LIFEGUARD PROGRAM takes place in lanes 1 & 2 Saturday/Sunday 9a-5p monthly. See Red Cross Schedule.**
- **Our Lap Swim program is scheduled around other aquatic programming needs.**
- **In order to accommodate our full array of programming, schedules are subject to change without notice.**

For more information visit shamesjcc.org

Contact:

Eric Hammermeister
ehammermeister@shamesjcc.org
914.366.7898 x 1140



EH Updated: 9/9/2021

TRAINING POOL– SWIM SCHEDULE

Schedule valid: September 13 - Nov 21, 2021

AQUATICS at the Shames JCC



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00a-8:00a Open Swim	5:00a-11:30a Open Swim	5:00a-3:15a Open Swim	5:00a-11:30a Open Swim	5:00a-3:15a Open Swim	5:00a-11:30a Open Swim	Closed
8:00a-12:30p Swim Lessons	11:30a-12:45p Aqua Arthritis	3:15p-6:00p Swim Lessons	11:30a-12:45p Aqua Arthritis	3:15p-6:00p Swim Lessons	11:30a-12:45p Aqua Arthritis	
12:30p-5:30p Open Swim	12:45p-3:15p Open Swim	6:00p-7:30p Open Swim	12:45p-3:15p Open Swim	6:00p-7:30p Open Swim	12:45p-4:00p Open Swim	
5:30p Closed	3:15p-6:00p Swim Lessons	7:30p Closed	3:15p-6:00p Swim Lessons	7:30p Closed	4:00-5:30 TRAINING	
	6:00p-7:30p Open Swim		6:00p-7:30p Open Swim			
	7:30p Closed		7:30p Closed		7:30p Closed	

Aquatic Exercise Hours

- Monday: Aqua Arthritis 11:45a-12:30p
- Tuesday: Hydro H.A.T 8:00a-8:45a
- Wednesday: Aqua Arthritis 11:45a-12:30p
- Thursday: Aqua Aerobics 8:00a-8:45a
- Friday: Aqua Arthritis 11:45a-12:30p

Closures, Events, and Info:

- Swim caps are mandatory for anyone ages 3+. Swim caps sold at front desk and Aquatics Office.
- Private Swim Lessons are conducted throughout the day scheduled by the Aquatics Department.
- **Due to a national lifeguard shortage, the Training Pool may close throughout the day as staff is limited.**
- **Training Pool is closed for swimming during Arthritis Exercise, Group Swim Lessons, and Training.**
- **In order to accommodate our full array of programming, schedules are subject to change without notice.**

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