

# TRAINING POOL SCHEDULE

2020 | EFFECTIVE MARCH 1

**PLEASE NOTE:**

Private Lessons may be held during any age-appropriate times. Shaded areas indicate times when the pool is used for programming or special groups. When classes are not in session time slots become open family time 10 AM M/W/F | 11:30 AM Tu/Th  
 \*A time for those in our community who are coping with but not limited to conditions such as connective tissue disorder, MS, Parkinsons. Floor Rises at start and end of the hour. For questions and schedule updates, visit [jccmanhattan.org](http://jccmanhattan.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 AM Pool Opens	5:30-8 AM Adult Swim 4 FEET	5:30-8 AM Adult Swim 4 FEET	5:30-8 AM Adult Swim 4 FEET	5:30-8 AM Adult Swim 4 FEET	5:30-8 AM Adult Swim 4 FEET	7 AM Pool Opens
7-8 AM Adult Swim 4 FEET						7-9 AM Adult Swim 4 FEET
8 AM-2:30 PM Baby + Toddler Group Classes	8 AM-NOON Baby + Toddler Group Classes	8-9 AM Baby + Toddler Group Classes	8-10:30 AM Baby + Toddler Group Classes	8-9 AM Baby + Toddler Group Classes	8-11:30 AM Baby + Toddler Group Classes	9 AM-NOON Private Swim Lessons by Appointment Only
		9-10 AM Parkinson's Aqua Program (REGISTERED)		9:30-11:30 AM Women Only (Adult)		
		10-10:25 AM Open Adult Swim				
		10:30-11:30 AM Women Only (Adult) 4 FEET	10:30-11:30 AM Arthritis Exercise (REGISTERED) 4 FEET			
	NOON-1 PM Ai Chi Water Arthritis Exercise (REGISTERED) 4 FEET	11:30 AM-3 PM Family/Adult Swim + Private Lessons 2.5-4 FEET	11:30 AM-12:30 PM Arthritis Exercise (REGISTERED) 4 FEET	11:30 AM-3:30 PM Family/Adult Swim + Private Lessons 2.5-4 FEET	11:30 AM-12:30 PM Arthritis Exercise (REGISTERED) 4 FEET	NOON-12:30 PM MAINTENANCE
	1-3:30 PM Family/Adult Swim + Private Lessons 2.5-4 FEET		12:30-1:30 PM Arthritis Exercise (REGISTERED) 4 FEET		12:30-1:30 PM Arthritis Exercise (REGISTERED) 4 FEET	12:30-5:30 PM Family/Adult Swim + Private Lessons 2.5-4 FEET
2:30-6 PM Family/Adult Swim + Private Lessons 2.5-4 FEET		3-4:30 PM Group Classes	1:30-3 PM Family/Adult Swim + Private Lessons 2.5-4 FEET		1:30-6:30 PM Family/Adult Swim + Private Lessons 2.5-4 FEET	
	3:30-4:30 PM Group Classes		3-3:30 PM MAINTENANCE	3:30-4:30 PM Group Classes		
	4:30-6 PM Family/Adult Swim + Private Lessons 2.5-4 FEET	4:30-6 PM Family/Adult Swim + Private Lessons 2.5-4 FEET	3:30-4:30 PM Group Classes	4:30-6 PM Family/Adult Swim + Private Lessons 2.5-4 FEET		
6-6:25 PM TRANSITION		6:05-7:05 PM Drop-in Aerobics 4 FEET	4:30-6 PM Family/Adult Swim + Private Lessons 2.5-4 FEET	4:30-6 PM Family/Adult Swim + Private Lessons 2.5-4 FEET		5:30-9:30 PM Adult Swim 4 FEET
6:30-7:30 PM Men Only (Adult) 4 FEET	6:05-7:05 PM Drop-in Aerobics 4 FEET	7:05-10:30 PM Adult Swim 4 FEET	6:05-7:05 PM Drop-in Aerobics 4 FEET	6:05-7:05 PM Drop-in Aerobics 4 FEET		
7:30-9:30 PM Adult Swim 4 FEET	7:05-10:30 PM Adult Swim 4 FEET	7:05-10:30 PM Adult Swim 4 FEET	7:05-10:30 PM Adult Swim 4 FEET	7:05-10:30 PM Adult Swim 4 FEET	6:30-9:30 PM Adult Swim 4 FEET	5:30-6:30 PM CALM REHABILITATIVE HOUR*
8:30-9:30 PM CALM REHABILITATIVE HOUR*	8:30-9:30 PM CALM REHABILITATIVE HOUR*	8:30-9:30 PM CALM REHABILITATIVE HOUR*	7:10-8 PM BREAST CANCER SURVIVOR PROGRAM	7:10-8 PM BREAST CANCER SURVIVOR PROGRAM	6:30-7:30 PM CALM REHABILITATIVE HOUR*	
			8:30-9:30 PM CALM REHABILITATIVE HOUR*	8:30-9:30 PM CALM REHABILITATIVE HOUR*		

**POOL + DECK CLOSE**  
**MON-THU 10:30 PM**  
**FRI-SUN 9:30 PM**

For the most up-to-date schedule, please visit [jccmanhattan.org/hours](http://jccmanhattan.org/hours) and click on **Training Pool Schedule - LIVE**

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