

**JCCDC POOL SCHEDULE**  
**January 2 – March 11, 2012**  
**845-471-0430**  
**www.jccdc.org**

**MONDAY**

6:30-9:00 Early Bird Swim  
9:00-10:00 Aquarobics  
10:00-12:00 ½ lap, ½ open  
12:00-1:00 Arthritis Exercise  
1:00-3:00 ½ lap, ½ open  
3:00-4:00 ½ open, ½ lessons  
4:00-5:00 ½ lap, ½ lessons  
5:00-6:30 ½ open ½ lessons  
6:30-9:00 Swim Team

**TUESDAY**

6:30-9:00 Early Bird Swim  
9:00-11:00 ½ lap, ½ open  
11:00-12:00 New Horizons  
12:00-1:00 Aquacise  
1:00-3:00 ½ lap, ½ open  
3:00-4:30 ½ open, ½ lessons  
4:30-7:00 ½ lap, ½ lessons  
7:00-8:00 ½ Marsh Scuba, ½ lessons  
8:00-9:00 Marsh Scuba

**WEDNESDAY**

6:30-9:00 Early Bird Swim  
9:00-10:00 Aquarobics  
10:00-12:00 JCC School  
12:00-1:00 Arthritis Exercise  
1:00-3:00 ½ lap, ½ open  
3:00-5:00 ½ lap, ½ lessons  
5:00-7:30 ½ open, ½ lessons  
7:30-8:30 Evening Aquacise

**THURSDAY**

6:30-9:00 Early Bird Swim  
9:00-11:00 ½ lap, ½ lessons  
11:00-12:00 ½ lap, ½ open  
12:00-1:00 Aquacise  
1:00-3:30 ½ lap, ½ open  
3:30-5:00 ½ open, ½ lessons  
5:00-6:30 ½ lap, ½ lessons  
6:30-9:00 Swim Team

**FRIDAY**

6:30-9:00 Early Bird Swim  
9:00-10:00 Aquarobics  
10:00-11:00 ½ lap, ½ open  
11:00-12:00 Anderson School  
12:00-3:30 ½ lap, ½ open  
4:00-6:30 Swim Team

**SATURDAY**

9:30-1:30 ½ lap, ½ lessons  
1:30-4:00 ½ open, ½ rentals  
4:00-6:30 Swim Team

**SUNDAY**

9:30-12:00 ½ lap, ½ open  
12:00-4:00 ½ open, ½ lessons  
4:00-6:30 Swim Team

**HOLIDAY CLOSINGS**

Sunday, January 1 – New Years Day