J AQUATICS

November 1 - 30

Pool Schedule for November 1 - 30, 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 7:15 AM	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	CLOSED	CLOSED
7:30 - 8:15 AM	**Shake, Rattle, and Move (Cindy)**	**Stretch-N-Flex (Melissa) Lap Swim (2)**	**Shake, Rattle, and Move (Cindy)**	**Stretch-N-Flex (Wanda) Lap Swim (2)**	**Funky Friday (Cindy)** *No Class 11/27*	**8 - 9 AM Water Cardio (Heather) Lap Swim (1)**	8 - 9:30 AM Lap Swim (4)
8:30 - 9:15 AM	**Shake, Rattle, and Move (Cindy)**	**Deep Water (Patty) Lap Swim (1)**	**Shake, Rattle, and Move (Cindy)**	**Deep Water (Wanda) Lap Swim (1)**	**WaVeS SSCC (Cindy)** *No Class 11/27*	**Nov. 7 & Nov. 21** 9 AM - 11 AM Lap Swim (2) ½ Open Swim	
9:30 - 10 AM	Lap Swim (3) *See Key below for Open Swim details*	**9:20 - 10 AM Water in Motion Strength (Patty)**	Lap Swim (3) *See Key below for Open Swim details*	**9:20 - 10 AM Water in Motion Strength (Patty)**	Lap Swim (3) ½ Open Swim	**Nov. 14 & Nov. 28** 9 AM - 2:30 PM Lap Swim (2) ½ Open Swim	**9:35 - 10:30 AM AquaFit (Bonnie)**
10 - 11 AM	Lap Swim (3) *See Key below for Open Swim details*	Lap Swim (3) ½ Open Swim	Lap Swim (3) *See Key below for Open Swim details*	Lap Swim (3) ½ Open Swim	Lap Swim (3) ½ Open Swim	**11:15 AM - 12:15 PM Aqua Stand Up (Heather)** Held on Nov. 7 & Nov. 21 only **Pre-registration is required*	10:30 AM - 2:30 PM Lap Swim (2) 1/2 Open Swim
11:15 AM - 12 PM	**Water in Motion Platinum (Patty)**	**Arthritis (Cindy)**	**Water in Motion (Patty)**	**Arthritis (Cindy)**	**Water in Motion Platinum (Patty)** *No Class 11/27*	**11 AM - 12:30 PM** Lap Swim (2)	
12:15 - 1 PM	Lap Swim (4)	Lap Swim (4)	Lap Swim (4)	Lap Swim (4)	Lap Swim (4)		
1:15 - 2 PM	**Arthritis (Linda)**	Lap Swim (3) 1/2 Open Swim	**Arthritis (Cindy)**	Lap Swim (3) 1/2 Open Swim	**Arthritis (Linda)** *No Class 11/27*		
2 - 3:30 PM	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	CLOSED	CLOSED
3:30 - 4:15 PM	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim	Lap Swim (3) 1/2 Open Swim		
4:15 - 5 PM	Lap Swim (3) 1/2 Open Swim	**CLOSED FOR SWIM LESSONS** Lap Swim (2)	Lap Swim (2) 1/2 Open Swim	**CLOSED FOR SWIM LESSONS** Lap Swim (2)	Lap Swim (2) 1/2 Open Swim	CLOSED	CLOSED
5 - 6 PM	**5:30 - 6:15 PM Make Some Waves** **pre-registration required* Lap Swim (1)	**CLOSED FOR SWIM LESSONS** Lap Swim (1)	Lap Swim (2) 1/2 Open Swim	**CLOSED FOR SWIM LESSONS** Lap Swim (1)	**5:30 - 6:15 PM Aqua Fit (Bonnie)** **5:30 - 6 PM Lap Swim (2)** ***Pool & pool area closes at 6 PM** except for Aqua Fit class*	**Shaded Timeslots:** Pool reserved for class use during these times. No general swimming during aquatics classes.	
6 - 6:30 PM		**CLOSED FOR SWIM LESSONS** Lap Swim (1)	Lap Swim (2) 1/2 Open Swim	**CLOSED FOR SWIM LESSONS** Lap Swim (1)			
6:30 - 7:15 PM	**Water in Motion (Teddy)**	**Water Cardio (Linda) Lap Swim (1)**	**Water Cardio (Susan E.) Lap Swim (1)**	**Water Cardio (Linda) Lap Swim (1)**			
7:30 - 8:30 PM	Lap Swim (3) ½ Open Swim	Lap Swim (3) ½ Open Swim	Lap Swim (3) ½ Open Swim	Lap Swim (3) ½ Open Swim	CLOSED		

Key for Pool Schedule

Lap Swim *- a type of exercise where a swimmer swims to one end of the pool and back. Number in parentheses indicates number of available lap lanes. Two swimmers per lane.*

½ Open Swim *- half the pool is open for free swim*

- ½ Open Swim available unless space is needed by management. Then ¼ Open Swim is available.

Updated 10.27.26

AQUATICS CLASSES

Water Fitness Classes at the JCC are FREE for members and don't require registration (with the exception of Aqua Stand Up). Whether you're looking for high intensity or low impact, strength or cardio, we have you covered with our water fitness classes.

WATER FITNESS CLASS KEY: BEGINNER | INTERMEDIATE | ADVANCED

Aqua Fit
Improves overall strength and endurance using water resistance and low-impact training in shallow water while increasing range of motion.

Aqua Stand Up
Indoor paddle board, full body workout to music (registration required).

Aqua Zumba
Combines dance, cardio, and body toning to mostly Latin music.

Arthritis
A certified Arthritis Foundation program aimed at those suffering from Arthritis and other joint problems. A physician's approval is recommended.

Deep Water
This program is held in the deep end of the pool and provides a no-impact but challenging cardiovascular workout. Participants will use floatation belts and styrofoam barbells to perform a variety of motions including water walking and running, abdominal work and toning exercises.

Funky Friday
A cardio class designed to let you go!

Shake, Rattle, &Move
A cardio class designed to music and possible use of equipment.

Stretch-N-Flex
A mild cardio class designed to improve balance and stamina; takes place in shallow water.

Tone-N-Flex
A higher cardio class that also works your muscles.

Water In Motion (WIM)
Provides a low impact, high energy challenge for all ages. Total body, calorie-burning workout without the pull that gravity delivers on the body. Experience the cross-training effects that water provides by reducing the impact on your joints, specifically the knees and back, all done to music.

Water In Motion (WIM) Platinum
A shallow-water, low-impact aqua class that offers active, aging adults workouts to improve cardiovascular endurance, agility, posture, dexterity, memory, balance, strength, and flexibility. All done to music.

Water In Motion (WIM) Strength
Class using aqua dumbbells that provides low impact, high energy challenge for all ages and skill levels; all done to music.

Water Cardio
A fast-paced cardio workout in the shallow end.

WaVeS SSCC (Stretch, Strength, Cardio, Cool)
4 key components designed to let you move the water and the water to move you.