York JCC AQUATICS SCHEDULES

Pool Schedule **Pool Schedule January 4 - Febuary 21 | Open lanes are for lap swim only.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 5:45 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
5:45 - 6:30 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:30 - 7:15 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
7:30 - 8:15 AM	Tone-n-flex	Flex-n-Stretch	Tone-n-Flex	Flex-n-Stretch	Tone-n-Flex	8:00 - 8:45 AM Water in Motion	8:00 - 8:45 AM Lap Swim
8:30 - 9:15 AM	Water Cardio	Tone-n-Flex	Water Cardio	Tone-n-Flex	Water Cardio	Closed Swim Lessons	8:45 - 9:30 AM Lap Swim
9:30 - 10:15 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed Swim Lessons	9:30 - 10:15 AM Lap Swim
10:15 - 11:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed Swim lessons	10:30 - 11:15 AM AquaFit
11:15 AM - 12:00 PM	Water in Motion Platinum	Arthritis	Water in Motion	Arthritis	Water in Motion Platinum	11:15am-12:00pm Lap Swim	11:30 - 12:15 PM Lap Swim
12:15 - 1:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	12:30-1:15 PM Lap Swim	12:15 - 1:00 PM Lap Swim
1:15 - 2:00 PM	Arthritis	Closed	Arthritis	Closed	Arthritis	1:15 - 2:00 PM Lap Swim	1:00 - 1:45PM Lap Swim
2:15 - 3:00 PM	Lap Swim	closed	Lap Swim	Closed	Lap Swim	2:00-2:45 PM Lap Swim	1:45 - 2:30 PM Lap Swim
3:00 - 3:45 PM	Lap Swim	Lap Swim	3 - 4 PM school age swim	Lap Swim	Lap Swim	2:45 - 3:30 PM Lap Swim	2:30 - 3:15 PM Lap Swim
3:45 - 4:30 PM	Lap Swim	Closed Swim Lessons	3 - 4 PM school age swim	Lap Swim	Lap Swim	3:30 - 4:15 PM Lap Swim	3:15 - 4:00 PM Lap Swim
4:30 - 5:15 PM	School Age Swim	Closed Swim Lessons	Closed Swim Lessons	Lap Swim	School Age Swim		4:00 - 4:45 PM Lap Swim
5:15 - 6:00 PM	Lap Swim	5:30-6:15pm Lap Swim	5:30-6:15pm Lap Swim	Lap Swim	5:30 - 6:15PM Aqua Fit		4:45 - 5:30 PM Lap Swim
6:30 - 7:15 PM	Water In Motion	Water Cardio	Water Cardio	Water Cardio	Closed		5:30 -6:15 PM Lap Swim
7:30 - 8:15 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed		
8:15 - 9:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed		
						Open Swim Times	**Open Swim Times**
						1:00-2:30pm	1:00-2:30pm
						3:00-4:30pm	3:00-4:30pm
							5:00-6:30pm