

# JAM CENTER POOL SCHEDULE

## March 1st-21<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup> & April

### Key

*The pool schedule is subject to change based on programming needs, special events, and other occurrences.*

**POOL CLOSED** – The pool is closed Monday – Friday from 1:00-3:30 pm

**Hydro Workout; Open Exercise/Lap Swim**– Quiet swim or spa time with no access to the slide or the splash pad (excluding special events).

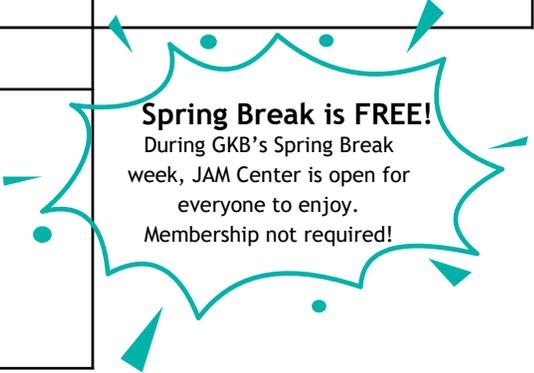
**Lap Swim**– Quiet swim or spa time with lanes available for use and the remaining area available for open exercise; no access to the slide or the splash pad.

**Open Swim** – Open swim or hot tub time with access to the slide or the splash pad.

**WaterFIT I; WaterFIT II; Rhythm WaterFIT; Swim Lessons;** – The pool and spa are closed for the classes scheduled at this time. No extra guard on duty.

**Thunder & Lightning Policy** – the pool **MUST** be closed for 30 minutes after each occurrence of thunder or lightning.

### Daily Programming & Open Swim Times

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>6:00-8:00 am – Open Exercise/Lap Swim 8:15-9:00 am – WaterFIT II 9:15-10:00 am – WaterFIT I 10:00 am-1:00 pm - Open Swim 1:00-3:30 pm – POOL CLOSED 3:30-7:30 pm – Open Swim</p> <hr/> <p style="text-align: center;"><b>Swim Safety Workshop</b> 3/16 from 5:00-6:00 pm No open swim during this time.</p>	<p>6:00-9:00 am – Open Exercise/Lap Swim 9:00-11:15 am – Closed for Swim School 11:15-1:00 p.m. – Open Swim 1:00-3:30 pm – POOL CLOSED 3:30-5:30 pm – Open Swim 5:30-6:15 pm – Rhythm WaterFIT 6:15-7:30 pm – Open Swim</p>	<p>6:00-8:00 am – OpenExercise/Lap Swim 8:15-9:00 a.m – WaterFIT II 9:15-10:00 am – WaterFIT I 10:00 am-1:00 pm – Open Swim 1:00-3:30 pm – POOL CLOSED 3:30-5:00 pm – Hydro Workout 4:35-5:05 pm – SwimTandem Class 5:10-5:40 pm – SwimFoundations Class 5:45-6:30 pm – SwimMechanics Class 6:35-7:20 pm – SwimPod Class 6:30-7:30 pm – Open Swim</p>	<p>6:00-10:00 am – Lap Swim 10:00 am-1:00 pm – Open Swim 1:00 – 3:30 pm – POOL CLOSED 3:30-5:30 pm – Open Swim 5:30-6:15 pm – Rhythm WaterFIT 6:15-7:30 pm – Open Swim</p>
FRIDAY	SATURDAY	SUNDAY	 <p style="text-align: center;"><b>Spring Break is FREE!</b> During GKB's Spring Break week, JAM Center is open for everyone to enjoy. Membership not required!</p>
<p>6:00-8:00 am – Open Exercise/Lap Swim 8:15-9:00 am – WaterFIT II 9:15-10:00 am – WaterFIT I 10:00 am-1:00 pm - Open Swim 1:00-3:30 pm – POOL CLOSED 3:30-7:30 pm – Open Swim</p>	<p>9:00-10:00 am – Open Exercise/Lap Swim 10:00-10:30 am – SwimTandem Class 10:35-11:05 am – SwimFoundations Class 11:10-11:55 am – SwimMechanics Class 12:00-3:30 pm – Open Swim</p>	<p><b>Closed</b></p>	

\*The JAM Center pool is closed to the public from 6–8 PM on the second Monday of the month (March 9 and April 13) for lifeguard in-service training.

# JAM CENTER POOL SCHEDULE

## March 23-28

### Key

*The pool schedule is subject to change based on programming needs, special events, and other occurrences.*

**POOL CLOSED** – The pool is closed Monday – Friday from 1:00-3:30 pm

**Hydro Workout; Open Exercise/Lap Swim**– Quiet swim or spa time with no access to the slide or the splash pad (excluding special events).

**Lap Swim**– Quiet swim or spa time with lanes available for use and the remaining area available for open exercise; no access to the slide or the splash pad.

**Open Swim** – Open swim or hot tub time with access to the slide or the splash pad.

**WaterFIT I; WaterFIT II; Rhythm WaterFIT; Swim Lessons;** – The pool and spa are closed for the classes scheduled at this time. No extra guard on duty.

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<p>6:00-8:00 am – Open Exercise/Lap Swim            8:15-9:00 am – WaterFIT II            9:15-10:00 am – WaterFIT I            10:00 am -1:00 pm - Open Swim            1:00-3:30 pm – POOL CLOSED            3:30-5:30 pm – Open Swim            5:30-6:00 pm – Swim Camp            6:00-7:30 pm– Open Swim</p>	<p>6:00-9:00 am – Open Exercise/Lap Swim            9:00-11:15 am – Closed for Swim School            11:15-1:00 pm – Open Swim            1:00-3:30 pm – POOL CLOSED            3:30-5:30 pm– Open Swim            5:30-6:00 pm– Swim Camp            6:00-7:30 pm– Open Swim</p>	<p>6:00-8:00 am – OpenExercise/Lap Swim            8:15-9:00 am – WaterFIT II            9:15-10:00 am – WaterFIT I            10:00 a.m.-1:00 pm – Open Swim            1:00-3:30 pm – POOL CLOSED            3:30-5:00 pm – Hydro Workout            4:35-5:05 pm – SwimTandem Class            5:10-5:40 pm – SwimFoundations Class            5:45-6:30 pm – SwimMechanics Class            6:35-7:20 pm – SwimPod Class            6:30-7:30 pm – Open Swim</p>	<p>6:00-10:00 a.m. – Lap Swim            10:00 a.m.-1:00 p.m. – Open Swim            1:00 – 3:30 p.m. – POOL CLOSED            3:30-5:30 p.m. – Open Swim            5:30-6:00 p.m. – Swim Camp            6:00-7:30 – Open Swim</p>
FRIDAY	SATURDAY	SUNDAY	 <p><b>Spring Break is FREE!</b>            During GKB's Spring Break week, JAM Center is open for everyone to enjoy. Membership not required!</p>
<p>6:00-8:00 am – Open Exercise/Lap Swim            8:15-9:00 am – WaterFIT II            9:15-10:00 am – WaterFIT I            10:00 a.m.-1:00 pm - Open Swim            1:00-3:30 pm – POOL CLOSED            3:30-5:30 pm – Open Swim            5:30-6:00 pm – Swim Camp            6:00-7:30 pm – Open Swim</p>	<p>9:00-10:00 am – Open Exercise/Lap Swim            10:00-10:30 am – SwimTandem Class            10:35-11:05 am – SwimFoundations Class            11:10-11:55 am – SwimMechanics Class            12:00-3:30 pm – Open Swim</p>	<p style="text-align: center; font-size: 1.2em;"><b>Closed</b></p>	

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