

# JAM CENTER POOL SCHEDULE

## January 3 - February 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. **\*\*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
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	6:00-8:00 am – Open Exercise/Lap Swim 9:00-11:10 am – Closed for Swim School 11:15-1:00 pm – Open Swim 1:00-3:30 pm – POOL CLOSED 3:30-5:00 pm – Open Swim 5:00-5:45 pm – Rhythm WaterFIT 5:45-7:30 pm – Open Swim	6:00-8:00 am – OpenExercise/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 3:30-5:00 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	6:00-10:00 am – Lap Swim 10:00 am-1:00 pm – Open Swim 1:00 – 3:30 pm – POOL CLOSED 3:30-5:00 pm – Open Swim 5:00-5:45 pm – Rhythm WaterFIT 5:45-7:30 pm – Open Swim
FRIDAY	SATURDAY	SUNDAY	
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	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  <b>FREE OPEN SWIM ON 1/3 &amp; 2/7! – 12:00-3:30 PM</b>	Closed	

**\*The JAM Center pool is closed to the public from 6–8 PM on the second Monday of the month (January 12 and February 9) for lifeguard in-service training.**