

Aquatic Center Schedule

Effective as of June 18th, 2010



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Lap	Rec	Lap	Rec	Lap	Rec	Lap	Rec	Lap	Rec	Lap	Rec	Lap	Rec
5:00AM														Social Members have pool privileges all day on Sundays.
6:00AM			Masters 6-7				Masters 6-7		Masters 6-7					
7:00AM														
8:00AM											TS 7:30-8:30			
9:00AM			Aqua Fit 9-10						Aqua Fit 9-10					
10:00AM	Camp	Camp 9:30-11:30	Camp	Camp 9:30-11:30	Camp	Camp 9:30-11:30	Camp	Camp 9:30-11:30	Camp	Camp 9:30-11:30	Aqua Con 9:30-10:30		Aqua Con 9:30-10:30	
11:00AM	Camp		Camp		Camp		Camp		Camp		FST 11-12			SGSL 10:30-12:45
12:00PM	Masters 12-1				Masters 12-1									
1:00PM														
2:00PM	Camp 1:30-3	Camp 1:30-3	Camp 1:30-3	Camp 1:30-3	Camp 1:30-3	Camp 1:30-3	Camp 1:30-3	Camp 1:30-3	Camp 1:30-3	Camp 1:30-3				
3:00PM														
4:00PM	Water Polo 4-5		Swim Teams 3:45-5:45		Water Polo 4-5pm		Swim Teams 3:45-5:45		Swim Team 4-5					
5:00PM	Swim Team 5-6	SGSL 4-6:50		SGSL 4-6:50		SGSL 4-6:50		SGSL 4-6:50						
6:00PM	Aqua Fit 6:15-7:15				Aqua Fit 6-7									
7:00PM														
8:00PM			Fundamental 7:30-8:30											
9:00PM														

Important Reminders:

Pool Access Wristbands: Wristbands are required daily and can be picked up at the Service Desk.

JCC Camp begins June 21st

Float Night on June 24th from 5:00-8:00pm

Upcoming Programs:

Summer schedule of Small Group Swim Lessons begin June 6th.

Full Lifeguard Course Saturdays and Sundays 8/21, 8/22, 8/28 & 8/29 from 9:00am-5:00pm.

(This course will be using a portion of the lap lanes each day of the course.)

Review CPR/AED for Lifeguards Saturday 8/14 9:00am-3:00pm

July Technique Swimming - Butterfly 7/10, 7/15, 7/24 & 7/31 from 7:30-8:30am

July Family Swim Team - 6/10, 6/17, 6/24, and 6/31 from 11:00am-12:00pm

For more information about any of these events or programs contact the Aquatics Staff at 408.357.7423 or email aquatics@svjcc.org.

Lap = 6 lap lanes that are available for lap swim unless a program is listed in the lap area. At least one lap lane is available at all times.

Rec = Recreation swim for all guests and members in the shallow "L" section of the main pool. Programs in this area use a portion of the available space.

Sundays = Open swim time for Social Membership holders every Sunday 7:00am-6:30pm.

Aqua Fit = Adult Group Exercise class, free drop-in program for center members. Uses 2-4 lap lanes. Lower intensity than Aqua Conditioning.

Aqua Con = Adult Group Exercise class, free drop-in program for center members. Uses 2-4 lap lanes. Higher intensity than Aqua Fit.

Masters = Adult drop-in swimming workout, free for center members. Uses up to 5 lap lanes depending on attendance.

\$ = indicates a fee associated with that program. Prices are based on membership status of the participant. Registration forms will be required.

\$\$SGSL = Group Swim Lessons for ages 6 months - 12 years. Uses sections of the rec area or lap lanes. Register through Aquatics.

\$Fundamental = Masters Fundamentals for ages 15+. Uses up to 4 lap lanes. Register through Aquatics.

\$Swim Teams = Youth Swim Team and Advanced Swim Team for ages 6-14 years. Uses up to 5 lap lanes depending on attendance. Register through Aquatics.

\$Water Polo = Youth Water Polo Team for ages 10-13 years. Uses up to 4 lap lanes depending on enrollment. Register through Aquatics.

\$FST = Family Swim Team, get to workout and have fun with your kids while also learning swim techniques

\$TS = Technique Swimming, work on a new stroke each month

Individual Program Flyers are available here at the APJCC or on our website www.svjcc.org.

Addison-Penzak Jewish Community Center 14855 Oka Rd. Los Gatos, CA 95032

For more information about programs or the schedule, please contact the Aquatics Staff at 408.357.7423 or aquatics@svjcc.org.

A complete list of our Pool Rules is on the reverse side. Please review before visit. Schedule is subject to change.