

# PJCC INDOOR Pool Schedule – February 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 – 7:55 am Open Swim Lap (2 lanes)	5:00 – 8:55 am Open Swim Lap (2 lanes)	5:00 – 7:55 am Open Swim Lap (2 lanes)	5:00 – 8:55 am Open Swim Lap (2 lanes)	5:00 – 7:55 am Open Swim Lap (2 lanes)	7:00 – 8:20 am Open Swim Lap (2 lanes)	7:00 – 9:25 am Open Swim Lap (2 lanes)
8:00 – 8:55 am Aqua Fitness Only NO OPEN SWIM	9:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM	8:00 – 8:55 am Aqua Fitness Only NO OPEN SWIM	9:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM	8:00 – 8:55 am Aqua Fitness Only NO OPEN SWIM	8:25 – 9:20 am Aqua Fitness Only NO OPEN SWIM	9:30 am – 12:30 pm Group Lessons **Open Swim NO LAP LANES
9:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM	10:00 am – 12:00 pm Group Lessons Open Swim Lap (2 lanes)	9:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM	10:00 am – 12:00 pm Group Lessons Open Swim Lap (2 lanes)	9:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM	9:30 am – 1:15 pm Group Lessons NO OPEN SWIM NO LAP LANES	12:30 – 7:30 pm Open Swim Lap (2 lanes)
10:00 am – 12:00 pm Group Lessons Open Swim Lap (2 lanes)	12:00 – 2:55 pm Open Swim Water Walking Lap (2 lanes)	10:00 am – 12:00 pm Group Lessons Open Swim Lap (2 lanes)	12:00 – 2:55 pm Open Swim Water Walking Lap (2 lanes)	10:00 am – 12:00 pm Group Lessons; Open Swim; Lap (2 lanes)	1:15 – 7:30 pm Open Swim Lap (2 lanes)	7:30 – 8:00 pm <b>POOL CLOSED</b>
12:00 – 2:55 pm Open Swim Water Walking Lap (2 lanes)	3:00 – 8:10 pm Group Lessons **Open Swim Lap (1 lane)	12:00 – 2:55 pm Open Swim Water Walking Lap (2 lanes)	3:00 – 8:10 pm Group Lessons **Open Swim Lap (1 lane)	12:00 – 2:00 pm Open Swim; Water Walking Lap (2 lanes)	7:30 – 8:00 pm <b>POOL CLOSED</b>	
3:00 – 6:30 pm Group Lessons **Open Swim Lap (1 lane)	8:15 – 10:30 pm Open Swim Lap (2 lanes)	3:00 – 6:30 pm Group Lessons **Open Swim Lap (1 lane)	8:15 – 10:30 pm Open Swim Lap (2 lanes)	2:00 – 9:30 pm Open Swim; Water Walking; Lap (2 lanes)		
6:35 – 7:30 pm Aqua Fitness Only NO OPEN SWIM	10:30 – 11:00 pm <b>POOL CLOSED</b>	6:35 – 7:30 pm Aqua Fitness Only NO OPEN SWIM	10:30 – 11:00 pm <b>POOL CLOSED</b>	9:30 – 10:00 pm <b>POOL CLOSED</b>		
7:35 – 10:30 pm Open Swim Lap (2 lanes)		7:35 – 10:30 pm Open Swim Lap (2 lanes)				
10:30 – 11:00 pm <b>POOL CLOSED</b>		10:30 – 11:00 pm <b>POOL CLOSED</b>				

\*\*OPEN SWIM is limited to a small section during this time. (\$) = Fee based class; registration required. For more information, contact the Aquatics Registration Desk at 650.378.2782 or [aquatics@pjcc.org](mailto:aquatics@pjcc.org). Schedule subject to change.

## ANNOUNCEMENTS:

Enjoy our newly reopened Indoor Pool!

**Lap Swim** — Ages 13 and up only. Must be able to swim continuous laps.

**Open Swim** — Play, swim and relax with family and friends. All non-swimmers or children under the age of 7 must be accompanied by a parent in the water! All children under the age of three or any age child not fully potty trained MUST wear a nylon swim diaper under their swim suit. During group lesson times open swim space may be limited. Please review the pool rules before swimming.

**Water Walking** — This is a low impact exercise in which the participant walks in the water. This is a self-driven exercise time.

**Group Lessons** – Sign up or learn more about our year round award winning group lesson program at the Aquatics Registration Desk.

**Aqua Fitness** — This group exercise class is a low impact instructor driven cardio workout in the water. No registration required.