

# PJCC INDOOR Pool Schedule – January 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 – 7:55 am Open Swim Lap (2 lanes)	5:00 – 7:55 am Open Swim Lap (2 lanes)	5:00 – 7:55 am Open Swim Lap (2 lanes)	5:00 – 7:55 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 – 9:55 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	8:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	8:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	8:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	8:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	8:25 – 9:20 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	9:30 am – 1:00 pm Group Lessons NO OPEN SWIM NO LAP LANES
10:00 am – 12:00 pm Group Lessons  **Open Swim Lap (2 lanes)	10:00am-12:00pm   **Open Swim Lap (2 lanes)	10:00am-12:00pm   **Open Swim Lap (2 lanes)	10:00am-12:00pm   **Open Swim Lap (2 lanes)	10:00 am – 12:30pm Group Lessons **Open Swim Lap (2 lanes)	9:30 am – 1:00 pm Group Lessons NO OPEN SWIM NO LAP LANES	1:05 – 7:30 pm Open Swim (2 lanes) Lap
12:00 – 2:55 pm **Open Swim  Water Walking Lap (2 lanes)	12:00 – 2:55 pm **Open Swim  Water Walking Lap (2 lanes)	12:00 – 2:55 pm **Open Swim  Water Walking Lap (2 lanes)	12:00 – 2:55 pm **Open Swim  Water Walking Lap (2 lanes)	12:30 pm – 2:00 pm **Open Swim  Lap (2 lanes)	1:05 – 7:30 pm Open Swim  Lap (2 lanes)	7:30 – 8:00 pm <b>POOL CLOSED</b>
3:00 – 6:30 pm Group Lessons **Open Swim Lap (1 lane)	3:00 – 8:15 pm Group Lessons **Open Swim Lap (1 lane)	3:00 – 6:30 pm Group Lessons **Open Swim Lap (1 lane)	3:00 – 8:15 pm Group Lessons **Open Swim Lap (1 lane)	2:00 – 9:30 pm Open Swim; Water Walking; Lap (2 lanes)	7:30 – 8:00 pm <b>POOL CLOSED</b>	
6:35 – 7:30 pm Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	8:20 – 10:30 pm Open Swim Lap (2 lanes)	6:35 – 7:30 pm Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	8:20 – 10:30 pm Open Swim Lap (2 lanes)	9:30 – 10:00 pm <b>POOL CLOSED</b>		
7:35 – 10:30 pm Open Swim Lap (2 lanes)	10:30 – 11:00 pm <b>POOL CLOSED</b>	7:35 – 10:30 pm Open Swim Lap (2 lanes)	10:30 – 11:00 pm <b>POOL CLOSED</b>	<b>CLOSURES:</b>  <b>January 1<sup>st</sup> Center Hours:</b> <b>8am-1pm (pools close at 12:30pm)</b>		
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 due to scheduled programs that use various areas of the pool.

(\$) = 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.

## Notes:

**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 children under the age of 7 MUST be accompanied by an adult on site at the pool. All children regardless of age, that would require a coast guard approved flotation device, must also have a parent in the water at all times. 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. 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.

**Pre-Swim Team (\$)** – Pre-Swim Team (Seals level) is a group lesson class that is the final swim lesson level of our award winning group lesson program. For registration please contact Aquatics Registration Desk 650.378.2782.

**Swim Team (\$)** — Swim team is for youths ages 5-17 who want to prepare and participate in competition. Bronze, Silver and Gold level teams are offered depending on ability and experience. For registration please contact Aquatics Registration Desk at 650.378.2782.