

PJCC INDOOR Pool Schedule – September 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 am – 12:00 pm Lap Swim (4 lanes) Open Swim (shallow end only)	5:00 – 8:50 am Lap Swim (4 lanes) Open Swim (shallow end only)	5:00 am – 8:50 am Lap Swim (4 lanes) Open swim (shallow end only)	5:00 – 8:50 am Lap Swim (4 lanes) Open Swim (shallow end only)	5:00 am – 12:00 pm Lap Swim (4 lanes) Open Swim (shallow end only)	7:00 – 8:50 am Lap Swim (4 lanes)	7:00 – 9:30 am Lap Swim (4 lanes)
12:00 pm – 6:00 pm Lap swim (2 lanes) Open swim	9:00 – 9:50 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	9:00 – 9:50 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	9:00 – 9:50 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	12:00 – 5:30 pm Lap Swim (2 lanes) Open Swim	9:00 – 9:50 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	9:30 am – 1:00 pm Group Lessons Lap swim (1 lane) NO OPEN SWIM
6:15 – 7:05 pm Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	10:00 am – 8:30 pm Lap Swim (2 lanes) Open Swim	10:00 am – 6:00 pm Lap Swim (2 lanes) Open Swim	10:00 am – 8:30 pm Lap Swim (2 lanes) Open Swim	5:30 – 6:00 pm Pool Closed	10:00 am – 5:30 pm Lap Swim (2 lanes) Open swim	1:15 – 5:30 pm Lap Swim (2 lanes) Open Swim
7:15 – 8:30 pm Lap Swim (2 lanes) Open Swim	8:30 – 9:00 pm POOL CLOSED	6:15 – 7:05 pm Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	8:30 – 9:00 pm POOL CLOSED		5:30 – 6:00 pm POOL CLOSED	5:30 – 6:00 pm POOL CLOSED
8:30 – 9:00 pm POOL CLOSED		7:15 – 8:30 pm Lap Swim (2 lanes) Open Swim		Special Hours Monday, September 5 8:00 am – 5:00 pm Sunday, September 25 7:00 am – 5:00 pm <i>Center Closed</i> <i>in observance of Rosh Hashanah</i> Monday, September 26 Tuesday, September 27		
		8:30 – 9:00 pm POOL CLOSED				

OPEN SWIM is limited to a small section during this time due to scheduled programs that use various areas of the pool.

For more information, contact the Aquatics Registration Desk at 650.378.2782 or aquatics@pjcc.org. Schedule subject to change.

Important Information

- **Lap Swim:** Must be 13 years old or older. 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, who require a coast guard–approved flotation device must have a parent in the water with them at all times. All children regardless of age, not fully potty trained **must** wear a nylon swim diaper under their swimsuit. 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.

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at 650.378.2782 or aquatics@pjcc.org.