## PJCC INDOOR Pool Schedule – December 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 – 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 – 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)	Open Swim (shallow		7:00 – 9:30 am Lap Swim (4 lanes) Open Swim (shallow end only)
9:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	9:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	9:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	9:00 – 9:55 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	Aqua Fitness Only NO OPEN SWIM	8:25 – 9:20 am Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	9:30 am – 1:00 pm Group Lessons No Lap Swim OPEN SWIM
10:00 – 6:00 pm Lap Swim (2 lanes) Open Swim	10:00 am - 8:30 pm Lap Swim (2 lanes) Open Swim	10:00 am – 2:00 pm Lap Swim (2 lanes) Open Swim	10:00 am - 8:30 pm Lap Swim (2 lanes) Open Swim	Open Swim	9:30 am – 1:00 pm Group Lessons No Lap Swim OPEN SWIM	1:15 – 5:30 pm Lap Swim (2 lanes) OPEN SWIM
6:15 – 7:10 pm Aqua Fitness Only NO OPEN SWIM NO LAP SWIM	8:30 – 9:00 pm POOL CLOSED	2:00 – 5:45 pm Group Lessons Lap Swim (2 lanes) Treehouse swim OPEN SWIM	8:30 – 9:00 pm POOL CLOSED	5:30 – 6:00 pm Pool Closed	1:00 – 5:30 pm Lap swim (2 lanes) Open swim	5:30 – 6:00 pm POOL CLOSED
7:15 – 8:30 pm Lap Swim (2 lanes) Open Swim		6:15 – 7:05 pm Aqua Fitness Only NO OPEN SWIM NO LAP SWIM			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 Sunday, December 10   7:00 am – 1:30 pm		
		8:30 – 9:00 pm POOL CLOSED		Sunday, December 24   7:00 am – 4:30 pm Monday, December 25   8:00 am – 12:30 pm Sunday, December 31   7:00 am – 4:30 pm		

\*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.

## Schedule subject to change.

For more information, contact the Aquatics Office at 650.378.2782 or aquatics@pjcc.org.