

<b>Mon. Sept 8<sup>th</sup> thru Fri. May 15<sup>th</sup></b>	<b>Lap Swim</b>	<b>AJCC Swim Team Practice*</b>	<b>Member Open Swim</b>	<b>Swim Lessons*</b>	<b>Self-Guided Water Fitness</b>	<b>Instructor Led Water Fitness</b>
<b>Monday</b>	7:00-9:45am 6 lanes 10-11:45 2 lanes 1:00-2:30pm 4 lanes	4:00-5:00pm 5-7 year olds 5:00-6:30pm 11-13 year olds 6:30-7:30pm 14-18 year olds	N/A	10:00-12:00 Shalom lessons  2:30-4:00 Youth lessons	10:00-11:45am Deep Tread/Jog  10:00-11:45am Shallow walk/Jog	N/A
<b>Tuesday</b>	7:00-9:45am 6 lanes 10:00-11:45 2 lanes 1:00-2:30pm 4 lanes	4:00-5:30pm 11-13 year olds  5:30-7:30pm 14-18 year olds	11:15-11:45 Rec Swim	10:00-11:15 Youth Lessons  2:30-4:00pm Youth lessons	N/A	10:00-11:00am Deep Water Fitness (Amy)
<b>Wednesday</b>	7:00-9:45am 6 lanes 10:00-11:45am 2 lanes 1:00-2:30pm 4 lanes	4:30-5:30pm 8-10 year olds 5:30-7:30pm 14-18 year olds	N/A	10:00-12:00 ACP  2:30-4:30pm Youth & Adult Lessons	10:00-11:45am Deep Tread/Jog  10:00-11:45am Shallow walk/Jog	N/A
<b>Thursday</b>	7:00-9:45am 6 lanes 10:00-11:00am 1 lane 11:00-11:45 2 lanes 1:00-2:30pm 4 lanes	5:30-6:30pm 8-10 year olds  5:30-7:30pm 11-13 year olds	10:00-11:45am Rec Swim	10:00-12:00pm Shalom  2:30-5:30pm Youth lessons	N/A	10:00-11:00am Deep Water Fitness (Amy)
<b>Friday</b>	7:00-9:45am 6 lanes 10:00-11:45am 2 lanes 1:00-2:30pm 4 lanes	4:00-6:00pm 14-18 year olds	11:00-11:45 Rec Swim  2:30-3:45 Rec Swim	6:00-7:00am Masters Swim	10:00-11:45am Deep Tread/Jog  11:00-11:45am Shallow Walk/Jog	10:00-11:00am Shallow Water Fitness (Valinda)
<b>Saturday</b>	1:30-5:30pm 1 lane	12:30-1:30pm 5-7 year old 8-10 year old	1:30-5:30pm Rec Swim	10:00-12:15am Youth lessons	N/A	N/A
<b>Sunday</b>	8:00-10:45am 6 lanes 12:00-3:45 1 lane	4:00-5:00pm 8-10 year old 5:00-6:30pm 11-13 year old 6:30-8:30pm 14-18 year old	11:00-3:45pm Rec Swim	11:00-12:00pm Adult lessons	N/A	N/A
<b>Notes</b>		<b>Additional fees apply*</b>		<b>Additional fees apply*</b>		