

**JEWISH COMMUNITY CENTER OF NORTHERN VIRGINIA POOL SCHEDULE\*\*\***

[September 2011 – May 31, 2012] - Pool consists of 6 lanes

**SUNDAY: pool opens at 8am - pool closes at 10:00pm**

TIME	Activity	Lanes in Use
8:30am – 9:30am	JCCNV Masters Swim Team	4 of 6
9:30am – 10:30am	Polliwogs/Jellyfish	2 lanes – full length of pool +ramp
10:30am – 11:15am	Mini Waves Swim Team Sept 12 - May	3 of 6
9:30am – 2:00pm	Private/Semi private/Group Lessons	2 lane – full length of pool
11:30am – 12:30pm	Family Swim	2 of 6
12:30pm – 2:00pm	OPEN POOL	4 of 6
2:00pm – 3:00pm	Broyhill Crest Swim Team Oct 11 - May	3 of 6
3:00pm – 4:00pm	Moons Swim Team Sept 11 - May	3 of 6
4:00pm – 6:00pm	Annandale Swim Team Sept 11 - May	3 of 6
6:00pm – 7:30pm	Mantua Swim Team Sept 11 - May	3 of 6
7:30pm – 8:30pm	Beth Bedell Swim Team Sept 11 - May	3 of 6
8:30pm – 9:30pm	Victory Swim Team Sept 11 - May	3 of 6

**MONDAY: pool opens at 6:30 am - pool closes at 10:00pm**

Time	Activity	Lanes in Use
6:30am – 9:30am	OPEN POOL	ALL
9:30am – 10:30am	H2O* Sept 1- June 2012	3 – shallow end
10:30am – 11:30am	Trial H2O* Class through April 3	2- shallow end
11:30am – 1:00pm	OPEN POOL	ALL
1:00pm – 2:30pm	Group lessons /Junior Galim Sept 12–May	2 lanes + ramp
2:30pm – 6:00pm	Mini Waves Swim Team / P. M. Swim Team Sept12–May	4 of 6
4:00pm – 5:00pm	BASE	1 lane +ramp
6:00pm – 7:30pm	Waves/ P.M. Swim Team Sept12–May	5 of 6
7:30pm – 9:30pm	Ilda / Victory Swim Team Sept12–May	3 of 6
9:30pm – 10:00pm	OPEN POOL	ALL

**TUESDAY: pool opens at 6:30 am - pool closes at 10:00pm**

Time	Activity	Lanes in Use
6:30am – 1:00pm	OPEN POOL	ALL
1:00pm – 3:00pm	Group lessons /BASE Sept 13–May	2 lanes + ramp
3:00pm – 4:00pm	OPEN POOL	ALL
4:00pm – 4:45pm	Mini Waves Swim Team Sept 13– May	4 of 6
4:45pm – 8:15pm	Waves/ P.M. Swim Team Sept 13–May	5 of 6
8:15pm – 9:15pm	Master Swim Team	4 of 6
9:15pm – 10:00pm	OPEN POOL	ALL

**WEDNESDAY: pool opens at 6:30 am - pool closed at 10:00 pm**

Time	Activity	Lanes in Use
6:30am – 9:30am	OPEN POOL	ALL
9:30am – 10:30am	H2O* Sept 1- June 2012	3 – shallow end
10:30am – 11:30am	Trial H2O* Class through April 3	2- shallow end
11:30am – 1:00pm	OPEN POOL	ALL
1:00pm – 2:00pm	Group lessons Sept 14–May	2 lanes + ramp
2:00pm – 3:30pm	OPEN POOL	ALL
3:30pm – 5:30pm	P. Marlins Swim Team Sept 14–May	4 of 6
4:30pm – 5:30pm	BASE	1 lane +ramp
5:30pm – 6:15pm	Mini Waves Swim Team Sept 14 –May	5 of 6
6:15pm – 7:45pm	Waves / P. M. Swim Team Sept 14–May	5 of 6
7:45pm – 8:30pm	OPEN POOL	ALL
8:30pm – 9:30pm	Victory Swim Team Sept 14–May	3 of 6

**THURSDAY: pool opens at 6:30 am - pool closed at 10:00 pm**

Time	Activity	Lanes in Use
6:30am – 9:30am	OPEN POOL	ALL
9:30am – 10:30am	Aqua Zumba Feb – Jun 22, 2012	3 of 6
10:30am – 1:00pm	OPEN POOL	ALL
1:00pm – 3:00pm	Group lessons /BASE Sept 16–May	2 lanes + ramp
3:00pm – 4:00pm	OPEN POOL	ALL
4:00pm – 4:45pm	Mini Waves Swim Team Sept 16-May	4 of 6
4:45pm – 8:15pm	Waves/ P.M. Swim Team Sept 16–May	5 of 6
8:15pm – 9:15pm	Master Swim Team	4 of 6
9:15pm – 10:00pm	OPEN POOL	ALL

**FRIDAY: pool opens at 6:30 am – pool closes at 5:30pm**

Time	Activity	Lanes in Use
6:30am – 9:30am	OPEN POOL	ALL
9:30am – 10:30am	H2O* Sept 1- June 2012	3 - shallow end
10:30am – 11:30am	Trial H2O* Class through April 3	2- shallow end
11:30am – 1:00pm	OPEN POOL	ALL
1:00pm – 2:00pm	Group Lessons Oct 28–May	2 lanes + ramp
2:00pm – 4:00pm	OPEN POOL	ALL
4:00pm – 4:45pm	Mini Waves Swim Team Oct 28–May	4 of 6
4:45pm – 6:00pm	Waves/ P.M. Swim Team Oct 28–May	4 of 6

**SATURDAY: pool opens at 12:30 pm – pool closed at 5:30 pm**

Time	Activity	Lanes in Use
12:30pm – 5:30pm	OPEN POOL	4 of 6
12:30pm – 5:30pm	LFG Training	2 of 6

**Special Notice:**

\*During Water aerobics/H2O classes, open swim/free swim is restricted.

\*\*All swim lessons utilize the shallow area, ramp, and stairs unless otherwise specified.

\*\*\* Schedule is subject to change – to confirm, please call 703-323-0880