



AQUATICS POOL SCHEDULE

2017 Winter Session: January - March 2017

John Wozniak, Director of Aquatics, 516-634-4184, jwozniak@friedbergjcc.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
9 – 9:30 am** Advanced Aquatykes	9 – 10 am Physical Therapy	8:30 – 9:30 am Deep Water Workout (A)		9 – 10 am Aquacise (A)	9 – 10 am Deep Water Workout (A)
9 – 9:30 am** Level 2	10 – 11 am Cardio-Aquacise (A)	9:30 – 10:30 am Noodle Workout (A)	9 – 10 am** Physical Therapy	10 – 11 am MS Aquatics (A)	9 – 10 am Physical Therapy
9:30 – 10 am** Level 4	11 am – 12 pm Deep Water Workout (A)	10:30 – 12 pm ** Early Childhood	10 – 11 am ** Cardio-Aquacise (A)	11 – 11:30 am** Early Childhood	10 – 11 am Cardio Aquacise (A)
9:35 – 10:05 am** Aquatykes	12 – 1 pm Water Workout (A)		3 – 4 pm Physical Therapy	11:30 – 12:30 pm Low Impact (A)	11 am – 12 pm Deep Water Workout (A)
10:10 – 10:40 am** Aquatykes II	7 – 7:30 pm Golden Guppies	12:30 – 1 pm 2-Year Old Aquatics	4:30 – 5:15 pm Baldwin Swim	12:30 – 1:30 pm Deep Water Workout (A)	12:30 – 1 pm Two-Year Old Aqua
10:45 – 11:15 am** Swim Time for Tots	3 – 4 pm Physical Therapy	4 – 4:30 pm Long Beach Swim	4:30 – 5 pm* Level 1		1 – 1:30 pm Golden Guppies
11 am – 12 pm** Level 1 + 3		4:30 – 5:15 pm Baldwin Swim	5 – 5:30 pm* Level 3	3:45 – 4:15 pm Ripples	2 – 3 pm Enrichment
11:15 – 11:45 am** 2-Year Old Aquatics	4:15 – 6:45 pm* Swim Team	4:15 – 6:45 pm* Swim Team	5:30 – 6 pm* Level 4	5 – 6 pm Island Park - Pool Closed	3:30 – 4 pm Enrichment
12 – 12:30 pm** Level 2		7:30 – 8:30 pm Deep Water Workout (A)	4:15 – 6:45 pm* Swim Team	4:15 – 6:45 pm* Swim Team	3:45 – 4:30 pm Afterschool Swim
1:30 – 2:30 pm Swim Team Practice	6 – 7 pm Aquacise (A)	8:30 – 9:30 pm (A) Poolates - WOMEN ONLY	7 – 7:45 pm** Waves II	7:30 – 8:30 pm Water Workout (A)	
4:30 – 5:30 pm Swim - WOMEN ONLY	7 – 8 pm MS(A)	8:30 – 9:30 pm Swim - WOMEN ONLY	7:45 – 8:30 pm Aqua-Zumba (A)	8:30 – 9:30 pm Swim - MEN ONLY (A)	
1 – 1:30 pm Ripples	8 – 9 pm Aquafit	7:30 – 8 pm Adult Beginner	8:30 – 9:30 pm Aquafit (A)		
8:30 – 9 pm Level 5					

Pool Hours: Monday-Thursday, 6 am–9:30 pm; Friday, 6 am–4:30 pm; Saturday, 8 am–4:30 pm; Sunday, 8 am–5:30 pm

(A) – Adult Group Fitness Class; lane(s) are available for lap swimming during classes. *1 lap lane available **2 lap lanes available

Please Note: Schedule is subject to change, please check website for updates



Updated
1-3-17