



BARRY AND FLORENCE
FRIEDBERG
JEWISH COMMUNITY CENTER

SEPTEMBER - DECEMBER 2017

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

Aquatics Pool Schedule

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 - 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 Society	9 - 10 am Physical Therapy
9:30 - 10 am** Level 4	11 am - 12 pm Deep Water Workout (A)	10:30 am - 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)		2:15 - 2:45 pm EC Enrichment	11:30 am - 12:30 pm Low Impact (A)	11 am - 12 pm Deep Water Workout (A)
10:10 - 10:40 am** 2-year Old Aquatics	2:15 - 2:45 pm EC Enrichment	12:30 - 1 pm 2-Year Old Aqua	3 - 4 pm Physical Therapy	12:30 - 1:30 pm Deep Water Workout (A)	1 - 1:30 pm Golden Guppies
11:30 am - 12 pm** Level 1	3 - 4 pm Physical Therapy	4:30 - 5:15 pm* Baldwin Swim	4:30 - 5:15 pm* Baldwin Swim		
	5 - 5:30 pm Level 1		5 - 5:30 pm* Level 3	3:45 - 6:45 pm* Swim Team	2:15 - 2:45 pm Enrichment
	4:15 - 6:45 pm* Swim Team	4:15 - 6:45 pm* Swim Team	4:15 - 6:45 pm* Swim Team	POOL CLOSED <i>Island Park</i> 5 - 6 pm	3:30 - 4 pm Enrichment
1 - 1:30 pm** Ripples		7:30 - 8:30 pm Deep Water Workout (A)			3:45 - 4:30 pm Afterschool Swim
1:30 - 2:30 pm* Swim Team Practice	7 - 8 pm MS Society		7 - 7:45 pm** Waves II	7:30 - 8:30 pm Water Workout (A)	
WOMEN ONLY SWIM 4:30 - 5:30 pm	8 - 9 pm Aqua-Fit (A)	WOMEN ONLY SWIM 8:30 - 9:30 pm	8:30 - 9:30 pm Aqua-Fit (A)	MEN ONLY SWIM 8:30 - 9:30 pm	

Fall 2017
Session

Schedule is
subject to
change
please check
website
for updates

Last Update:
10/11/17

aquatics@friedbergjcc.org

* = 1 Lap Lane available, ** = Only 2 Lanes available for lap swimming





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Aquatics Lap Swimming Schedule

Fall 2017
Session

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 1:30 am Lap Swim (1 - 2 Lanes)	6 - 6:30 am Lap Swim (1 - 2 Lanes)	6 - 6:30 am Lap Swim (1 - 2 Lanes)	6 - 6:30 am Lap Swim (1 - 2 Lanes)	6 - 6:30 am Lap Swim (1 - 2 Lanes)	6 - 6:30 am Lap Swim (1 - 2 Lanes)	
1:30 - 2:30 pm Lap Swim (1 Lane)	6:30 am - 4:15 pm Lap Swim (3 Lanes)	6:30 am - 4:15 pm Lap Swim (3 Lanes)	6:30 am - 4:15 pm Lap Swim (3 Lanes)	6:30 am - 4:15 pm Lap Swim (3 Lanes)	6:30 am - 5:30 pm Lap Swim (3 Lanes)	8 am - 4:30 pm Lap Swim (3 Lanes)
2:30 - 5:30 pm Lap Swim (3 Lanes)	4:15 - 6:45 pm Lap Swim (1 Lane)	4:15 - 6:45 pm Lap Swim (1 Lane)	4:15 - 6:45 pm Lap Swim (1 Lane)	4:15 - 6:45 pm Lap Swim (1 Lane)		
	6:45 - 9:30 pm Lap Swim (3 Lanes)	6:45 - 8:30 pm Lap Swim (3 Lanes)	6:45 - 9:30 pm Lap Swim (3 Lanes)	6:45 - 8:30 pm Lap Swim (3 Lanes)		
		8:30 - 9:30 pm Women's Only Swim (3 Lanes)		8:30 - 9:30 pm Men's Only Swim (3 Lanes)		

PLEASE REVIEW LAP LANE RULES AND LAP SWIM
ETIQUETTE BEFORE USE

aquatics@friedbergjcc.org
516-634-4184

Last Update:
10/11/17

