

MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY					
1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
Leisure Swim <b>Adult Lane Swim</b> 6:00 am to 9:00 am						Leisure Swim <b>Adult Lane Swim</b> 6:00 am to 9:00 am						Leisure Swim <b>Adult Lane Swim</b> 6:00 am to 9:00 am						Leisure Swim <b>Adult Lane Swim</b> 6:00 am to 9:00 am						Leisure Swim <b>Adult Lane Swim</b> 6:00 am to 9:00 am						Closed						Closed					
<b>Aquafit</b> 9:15 am to 10:00am						<b>Aquafit</b> 9:15 am to 10:00am						<b>Aquafit</b> 9:15 am to 10:00am						<b>Aquafit</b> 9:15 am to 10:00am						<b>Aquafit</b> 9:15 am to 10:00am						<b>Adult Lane Swim</b> 7:00 am to 9:00 am						<b>Adult Lane Swim</b> 7:00 am to 9:00 am					
<b>Aquafit</b> 10:15 am to 11:00am						<b>Aquafit</b> 10:15 am to 11:00am						<b>Aquafit</b> 10:15 am to 11:00am						<b>Aquafit</b> 10:15 am to 11:00am						<b>Aquafit</b> 10:15 am to 11:00am						<b>Swim Lessons</b> 9:00 am to 2:00 pm						<b>Aquafit</b> 8:15 am to 9:05 am					
Leisure Swim <b>Adult Lane Swim</b> 10:00 am to 4:00 pm						Leisure Swim <b>Adult Lane Swim</b> 10:00 am to 4:00 pm						Leisure Swim <b>Adult Lane Swim</b> 10:00 am to 4:00 pm						Leisure Swim <b>Adult Lane Swim</b> 10:00 am to 4:00 pm						Leisure Swim <b>Adult Lane Swim</b> 10:00 am to 4:00 pm						<b>Swim Lessons</b> 9:00 am to 2:00 pm						<b>Swim Lessons</b> 9:00 am to 2:00 pm					
<b>Swim Lessons</b> 4:00 pm to 8:00 pm						<b>Swim Lessons</b> 4:00 pm to 8:00 pm						<b>Swim Lessons</b> 4:00 pm to 7:30 pm						<b>Swim Lessons</b> 4:00 pm to 8:00 pm						<b>Swim Lessons</b> 4:00 pm to 8:00 pm						<b>Rec Swim</b> 2:00 pm to 7:30 pm						<b>Swim Lessons</b> 9:00 am to 2:00 pm					
<b>Master Swim</b> 7:30 pm to 8:30 pm						<b>Master Swim</b> 7:30 pm to 8:30 pm						<b>Master Swim</b> 7:30 pm to 8:30 pm						<b>Master Swim</b> 7:30 pm to 8:30 pm						<b>Master Swim</b> 7:30 pm to 8:30 pm						<b>Rec Swim</b> 6:00 pm to 7:30 pm						<b>Rec Swim</b> 6:00 pm to 7:30 pm					
<b>Adult Lane Swim</b> 7:30 pm to 9:30 pm						<b>Adult Lane Swim</b> 7:30 pm to 9:30 pm						<b>Adult Lane Swim</b> 7:30 pm to 9:30 pm						<b>Adult Lane Swim</b> 7:30 pm to 9:30 pm						<b>Rec Swim</b> 6:00 pm to 7:30 pm						<b>Adult Lane Swim</b> 2:00 pm to 7:30 pm											
<b>Closes 9:30 PM</b>						<b>Closes 9:30 PM</b>						<b>Closes 9:30 PM</b>						<b>Closes 9:30 PM</b>						<b>Closes 9:30 PM</b>						<b>Closes 7:30 PM</b>						<b>Closes 7:30 PM</b>					

For inquiries email [Aquatics@prossermanjcc.com](mailto:Aquatics@prossermanjcc.com)

The Aquatics department will do their best to make all participants aware in advance of any schedule changes, however on occasion minor adjustments or closures may occur. Please be aware of any signage posted at the front desk or changerooms.

Feb 1st - April 3rd  
Holiday Hours: (7:00 am - 3:00 pm)



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
Left	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left	Right	
Leisure Swim 6:00 am to 10:30 am		Leisure Swim 6:00 am to 9:30 am		Leisure Swim 6:00 am to 9:00 am		Leisure Swim 6:00 am to 4:00 pm		Leisure Swim 6:00 am to 10:30 am		Closed		Leisure Swim 7:00 am to 9:00 am		
Daycare 10:30 am to 11:30 am		Water Babies Lessons 10:00 am to 1:00 pm	Daycare 9:30 am to 11:00 am	Daycare 9:00 am to 11:30 am		Water Babies Lessons 11:00 am to 1:00 pm		Daycare 10:30 am to 11:30 am		Water Babies Lessons 9:00 am to 2:00 pm	Swim Lessons 9:00 am to 2:00 pm	Water Babies Lessons 9:00 am to 2:00 pm	Swim Lessons 9:00 am to 2:00 pm	
Leisure Swim 11:30 am to 4:00 pm		Leisure Swim 11:00 am to 4:00 pm		Leisure Swim 11:30 am to 4:00 pm		Leisure Swim 11:30 am to 4:00 pm		Water Babies Lessons 12:00 pm to 2:00 pm	Leisure Swim 11:30 am to 4:00 pm		Leisure Swim 2:00 pm to 7:30 pm		Leisure Swim 2:00 pm to 7:30 pm	
Aqua Revive 1 pm - 3 pm										Water Babies Lessons 3:00 pm to 5:00 pm				
Swim Lessons 4:00 pm to 8:00 pm		Swim Lessons 4:00 pm to 8:00 pm		Swim Lessons 4:00 pm to 8:00 pm		Swim Lessons 4:00 pm to 8:00 pm		Swim Lessons 4:00 pm to 8:00 pm		Swim Lessons 4:00 pm to 8:00 pm		Swim Lessons 4:00 pm to 8:00 pm		
Leisure Swim 8:00 pm to 9:30 pm		Leisure Swim 8:00 pm to 9:30 pm		Leisure Swim 8:00 pm to 9:30 pm		Leisure Swim 8:00 pm to 9:30 pm		Leisure Swim 8:00 pm to 9:30 pm		Leisure Swim 8:00 pm to 9:30 pm		Leisure Swim 8:00 pm to 9:30 pm		
Closes 9:30 PM		Closes 9:30 PM		Closes 9:30 PM		Closes 9:30 PM		Closes 9:30 PM		Closes 7:30 PM		Closes 7:30 PM		

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\*Waterbabies - Registered Program

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