

	6:00AM - 9:00AM	9:05AM - 9:55AM	10:00AM - 3:30PM	3:30PM - 4:30PM	4:30PM - 7:15PM	7:15PM-7:45PM	7:45PM - 8:45PM	8:45PM - 9:30PM	9:30PM		
MONDAY	1	Leisure Swim	AquaFit	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Programs: Master Swim	Leisure Swim	Pool Closed		
	2	Adult Lane Swim			Lane Swim			Lane Swim		Lane Swim	Adult Lane Swim
	3										
	4										
	5										
	6										
TUESDAY	1	Leisure Swim	AquaFit	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Programs: Master Swim	Leisure Swim	Pool Closed		
	2	Adult Lane Swim			Lane Swim			Lane Swim		Lane Swim	Adult Lane Swim
	3										
	4										
	5										
	6										
WEDNESDAY	1	Leisure Swim	AquaFit	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Leisure Swim	Leisure Swim	Pool Closed		
	2	Adult Lane Swim			Lane Swim		Lane Swim	Lane Swim		Adult Lane Swim	
	3										
	4										
	5										
	6										
THURSDAY	1	Leisure Swim	AquaFit	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Programs: Master Swim	Leisure Swim	Pool Closed		
	2	Adult Lane Swim			Lane Swim			Lane Swim		Lane Swim	Adult Lane Swim
	3										
	4										
	5										
	6										
FRIDAY	1	Leisure Swim	AquaFit	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Rec Swim	Pool Closed			
	2	Adult Lane Swim			Lane Swim				Lane Swim	Lane Swim	
	3										
	4										
	5										
	6										
SATURDAY	1	Adult Lane Swim	Programs: Swim Lessons	12:30PM - 7:30PM	7:30PM						
	2					Lane Swim	Family Swim				
	3										
	4										
	5										
	6										
SUNDAY	1	7:00AM - 8:05AM	8:05AM - 8:55AM	9:00AM-12:30PM	12:30PM-7:30PM	7:30PM					
	2	Adult Lane Swim	AquaFit				Programs: Swim Lessons	Family Swim			
	3										
	4										
	5								Adult Lane Swim	Lane Swim	
	6										

- Lane Swim
- Programs
- Leisure/Rec Swim
- Family Swim
- AquaFit/GroupEx

For inquiries contact:  
[aquatics@prossermanjcc.com](mailto:aquatics@prossermanjcc.com)  
[www.prossermanjcc.com/aquatics](http://www.prossermanjcc.com/aquatics)

		6:00AM - 9:30AM	9:30AM-3:30PM	3:30PM-4:30pm	4:30PM-7:15PM	7:15PM - 9:30PM	9:30PM																																																												
MONDAY	Right	Leisure Swim	Programs: Camp	Programs: Aqua Revive	Programs: Swim Lessons	Leisure Swim	Pool Closed																																																												
	Left			Leisure Swim	Leisure Swim			TUESDAY	Right	Leisure Swim	Programs: Camp	Programs: Adult Lessons	Programs: Swim Lessons	Leisure Swim	Pool Closed	Left	Leisure Swim	Leisure Swim	WEDNESDAY	Right	Leisure Swim	Programs: Camp	Programs: Aqua Revive	Programs: Swim Lessons	Leisure Swim	Pool Closed	Left	Leisure Swim	Leisure Swim	THURSDAY	Right	Leisure Swim	Programs: Camp	Programs: Aqua Revive	Programs: Swim Lessons	Leisure Swim	Pool Closed	Left	Leisure Swim	Programs: Water Babies	Leisure Swim	FRIDAY	Right	Leisure Swim	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Leisure Swim	Pool Closed	Left	Leisure Swim	Leisure Swim	SATURDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim			Pool Closed	Left	Programs: Swim Lessons	SUNDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim
TUESDAY	Right	Leisure Swim	Programs: Camp	Programs: Adult Lessons	Programs: Swim Lessons	Leisure Swim	Pool Closed																																																												
	Left			Leisure Swim	Leisure Swim			WEDNESDAY	Right	Leisure Swim	Programs: Camp	Programs: Aqua Revive	Programs: Swim Lessons	Leisure Swim	Pool Closed	Left	Leisure Swim	Leisure Swim	THURSDAY	Right	Leisure Swim	Programs: Camp	Programs: Aqua Revive	Programs: Swim Lessons	Leisure Swim	Pool Closed	Left	Leisure Swim	Programs: Water Babies	Leisure Swim	FRIDAY	Right	Leisure Swim	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Leisure Swim	Pool Closed	Left	Leisure Swim	Leisure Swim	SATURDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim			Pool Closed	Left	Programs: Swim Lessons	SUNDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim			Pool Closed	Left	Programs: Swim Lessons						
WEDNESDAY	Right	Leisure Swim	Programs: Camp	Programs: Aqua Revive	Programs: Swim Lessons	Leisure Swim	Pool Closed																																																												
	Left			Leisure Swim	Leisure Swim			THURSDAY	Right	Leisure Swim	Programs: Camp	Programs: Aqua Revive	Programs: Swim Lessons	Leisure Swim	Pool Closed	Left	Leisure Swim	Programs: Water Babies	Leisure Swim	FRIDAY	Right	Leisure Swim	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Leisure Swim	Pool Closed	Left	Leisure Swim	Leisure Swim	SATURDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim			Pool Closed	Left	Programs: Swim Lessons	SUNDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim			Pool Closed	Left	Programs: Swim Lessons																	
THURSDAY	Right	Leisure Swim	Programs: Camp	Programs: Aqua Revive	Programs: Swim Lessons	Leisure Swim	Pool Closed																																																												
	Left			Leisure Swim	Programs: Water Babies			Leisure Swim	FRIDAY	Right	Leisure Swim	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Leisure Swim	Pool Closed	Left	Leisure Swim	Leisure Swim	SATURDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim			Pool Closed	Left	Programs: Swim Lessons	SUNDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim			Pool Closed	Left	Programs: Swim Lessons																												
FRIDAY	Right	Leisure Swim	Programs: Camp	Leisure Swim	Programs: Swim Lessons	Leisure Swim	Pool Closed																																																												
	Left				Leisure Swim			Leisure Swim	SATURDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim			Pool Closed	Left	Programs: Swim Lessons	SUNDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim			Pool Closed	Left	Programs: Swim Lessons																																							
SATURDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim			Pool Closed																																																												
	Left		Programs: Swim Lessons					SUNDAY	Right	Leisure Swim	Programs: Water Babies 9:00AM - 1:00PM	Leisure Swim			Pool Closed	Left	Programs: Swim Lessons																																																		
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