

JCC Summer

Sports and Wellness Schedules

July 1 - September 5, 2010

Aquatics						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Lap 8:30-12:00	Adult Lap 6:30-11:00	Adult 6:30-11:00	Adult 6:30-11:00	Adult 6:30-11:00	Adult 6:30-11:00	Adult Lap 8:30-12:00
Pool Closes at 12:00	Aqua Arthritis	Aqua Aerobics	Aqua Arthritis	Aqua Aerobics	Aqua Arthritis	Pool Closes at 12:00
Private Swim Clinic 1:30-2:45	11:00-12:00 1 lap lane Camp Lily 12:00-1:00 Camp Gan Izzy 1:00-3:00 Open/Family 3:00-6:00 1 lap lane Adult Lap 6:00-9:30	11:00-12:00 1 lap lane Camp Lily 12:00-1:30 Camp Gan Izzy 1:30-3:00 Open/Family 3:00-6:00 1 lap lane Adult Lap 6:00-9:30	11:00-12:00 1 lap lane Camp Lily 12:00-1:30 Camp Gan Izzy 1:30-3:00 Open/Family 3:00-6:00 1 lap lane Adult Lap 6:00-9:30	11:00-12:00 1 lap lane Camp Lily 12:00-1:30 Camp Gan Izzy 1:30-3:00 Open/Family 3:00-6:00 1 lap lane Adult Lap 6:00-9:30	11:00-12:00 1 lap lane Camp Lily 12:00-1:30 Camp Gan Izzy 1:30-3:00 Open/Family 3:00-5:30	

Fitness						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Pump-Haika 9:00-10:00	Body Combat-Rebecca 9:30-10:30	Body Pump-Jenn 9:15-10:15	Body Combat-Melissa 9:15-10:15	Body Pump-Jenn 9:15-10:15	Body Combat-Tracy 9:15-10:15	Hard Core-Haika 8:15-9:00
Fitness Ball-Clarence 10:00-11:00	Body Flow-Rebecca 10:45-11:45	Fitness Ball-Clarence 10:00-11:00	Fitness Ball-Clarence 10:15-11:15	Butts, Guts & Vive-Kinga 10:30-11:15	CORE PE - Paul 10:15-11:15 NEW!	Body Combat-Meghan 9:30-10:30
Body Combat-Rebecca 10:00-11:00	Body Vive-Kinga 5:00-6:00 Body Pump -Kinga 6:15-7:15 Fitness Ball-Clarence 7:00-8:00 Israeli Dancing: Zumba 7:30-8:30 Basic 8:30-9:30 Advanced	Attack-Meghan 10:30-11:30 Butts, Guts & Vive-Kinga 5:00-6:45 Body Combat-Kinga 7:15-8:15	Body Vive-Rebecca 10:30-11:30 Zumba Jam-Kinga 6:00-7:00 Body Pump-Kinga 7:15-8:15	Zumba Jam-Kinga 11:15-11:45 Body Flow-Haika 6:00-7:00 Fitness Ball-Clarence 7:00-8:00		

Gymnasium						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Basketball 9:00-12:00	Camp Lily 9:00-10:30	Camp Lily 9:00-10:30	Camp Lily 9:00-10:30	Camp K'Ton Ton 9:30-11:30	Camp Lily 9:00-10:30	Open Gym 1:00-4:00
Open Gym 12:00-5:00	Open Gym 11:30-1:00 Camp Gan Izzy 1:00-3:00 Camp K'Ton Ton 3:00-4:00 JCC Post Camp 4:30-5:30 LVH PAS 6:00-8:00 Open Gym 8:30-9:30	Open Gym 11:30-1:00 Camp Gan Izzy 1:00-3:00 Camp K'Ton Ton 3:00-4:00 JCC Post Camp 4:30-5:30 Open Gym 5:30-7:00 Men's Basketball 18+ 7:00-9:30	Open Gym 11:30-1:00 Camp Gan Izzy 1:00-3:00 Camp K'Ton Ton 3:00-4:00 JCC Post Camp 4:30-5:30 LVH PAS 6:00-8:00 Open Gym 8:30-9:30	Open Gym 11:30-1:00 Camp Gan Izzy 1:00-3:00 Camp K'Ton Ton 3:00-4:00 JCC Post Camp 4:30-5:30 Open Gym 5:30-7:00 Men's Basketball 18+ 7:00-10:00	Open Gym 11:30-1:00 Camp Gan Izzy 1:00-3:00 Camp K'Ton Ton 3:00-4:00 JCC Post Camp 4:30-5:30	

Policies/Disclaimers

Instructors and locations are subject to change. Please check daily schedule for class location.

All classes subject to min. & max. number of participants. If after 3 weeks a min. of 3 people are not attending a class, it may be removed from the schedule.

The JCC reserves the right to add additional classes during lap swim with a minimum of 1 lane for adult lap.

Miracle Swim in the pool August 7-8 and 14-15, 10:00am-5:00pm

Camp JCC Disclaimer: Schedules subject to change when Camp JCC may be indoors due to inclement weather.

