

SPRINGFIELD JCC POOL SCHEDULE

March 9 - 15, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>5:30 - 7:30 am 6 Lanes Lap</p> <p>7:30 - 8:00 am 1 Lane Recreation 5 Lanes Lap</p> <p>8:00 - 9:00 am 2 Lanes Recreation 4 Lanes Lap</p> <p>9:00 - 9:50 am 2 Lanes Adult Lap 4 Lanes Swimnastics Deep End Open</p> <p>10:00 am - 3:30 pm 2 Lanes Recreation 4 Lanes Lap</p> <p>3:35 - 4:15 pm 2 Lanes Lap 4 Lanes Swim Lessons</p> <p>4:30 - 5:30 pm 2 Lanes Recreation 2 Lanes Lap 2 Lanes Lifeguard Train.</p> <p>5:30 - 6:30 pm 2 Lanes Recreation 2 Lanes Adult Lap 2 Lanes Water Tabata</p> <p>6:30 - 7:30 pm 2 Lanes Adult Lap 2 Lanes BogaStrength 2 Lanes Lifeguard Train.</p> <p>7:30 - 9:30 pm 2 Lanes Lap 2 Lanes Scuba 2 Lanes Lifeguard Train.</p>	<p>5:30 - 7:30 am 6 Lanes Lap</p> <p>7:30 - 8:00 am 1 Lane Recreation 5 Lanes Lap</p> <p>8:00 - 9:00 am 2 Lanes Recreation 4 Lanes Lap</p> <p>9:00 - 9:50 am 2 Lanes Adult Lap 4 Lanes Aqua Jogging</p> <p>10:00 - 11:30 am 2 Lanes Recreation 2 Lanes Lap 2 Lanes Preschool Swim</p> <p>11:30 am - 4:30 pm 2 Lanes Recreation 4 Lanes Lap 2 Lanes Lifeguard Train.</p> <p>4:30 - 5:15 pm 2 Lanes Recreation 2 Lanes Lap 2 Lanes Lifeguard Train.</p> <p>5:15 - 7:00 pm Pool Closed Swim Lessons</p> <p>7:00 - 9:30 pm 2 Lanes Recreation 2 Lanes Lap 2 Lanes Lifeguard Train.</p> <p>www.springfieldjcc.org (413) 739-4715</p>	<p>5:30 - 7:30 am 6 Lanes Lap</p> <p>7:30 - 8:00 am 1 Lane Recreation 5 Lanes Lap</p> <p>8:00 - 9:00 am 2 Lanes Recreation 4 Lanes Lap</p> <p>9:00 - 9:50 am 2 Lanes Adult Lap 4 Lanes Swimnastics Deep End Open</p> <p>10:00 am - 4:30 pm 2 Lanes Recreation 2 Lanes Lap 4 Lanes Lap 2 Lanes Lifeguard Train.</p> <p>5:30 - 6:30 pm 2 Lanes Recreation 2 Lanes Adult Lap 2 Lanes Water Tabata</p> <p>6:30 - 9:30 pm 2 Lanes Recreation 2 Lanes Lap 2 Lanes Lifeguard Train.</p>	<p>5:30 - 7:30 am 6 Lanes Lap</p> <p>7:30 - 8:00 am 1 Lane Recreation 5 Lanes Lap</p> <p>8:00 - 9:00 am 2 Lanes Recreation 4 Lanes Lap</p> <p>9:00 - 9:50 am 2 Lanes Adult Lap 4 Lanes Aqua Jogging</p> <p>10:00 - 11:30 am 2 Lanes Recreation 2 Lanes Lap 2 Lanes Preschool Swim</p> <p>11:30 am - 4:30 pm 2 Lanes Recreation 2 Lanes Lap 4 Lanes Lap 2 Lanes Lifeguard Train.</p> <p>4:30 - 5:30 pm 2 Lanes Recreation 2 Lanes Lap 2 Lanes Lifeguard Train.</p> <p>5:30 - 6:30 pm 2 Lanes Recreation 2 Lanes Adult Lap 2 Lanes Water Tabata</p> <p>6:30 - 9:30 pm 2 Lanes Lap 2 Lanes Scuba 2 Lanes Lifeguard Train.</p>	<p>5:30 - 7:30 am 6 Lanes Lap</p> <p>7:30 - 8:00 am 1 Lane Recreation 5 Lanes Lap</p> <p>8:00 - 9:00 am 2 Lanes Recreation 4 Lanes Lap</p> <p>9:00 - 9:50 am 1 Lane Adult Lap 3 Lanes Swimnastics 2 Lanes BogaStrength</p> <p>10:00 - 10:50 am 2 Lanes Adult Lap 2 Lanes Recreation 2 Lanes BogaStrength</p> <p>11:00 am - 3:00 pm 3 Lanes Recreation 3 Lanes Lap</p> <p>3:00 - 6:00 pm 2 Lanes Lap 4 Lanes Swim Lessons</p>	<p>7:00 - 8:00 am 6 Lanes Lap</p> <p>8:00 - 9:00 am 3 Lanes Masters (#2, #3, #4) 3 Lanes Lap (#1, #5, #6)</p> <p>9:00 - 9:45 am 3 Lanes Adult Lap 3 Lanes Water Aerobics</p> <p>9:45 - 11:00 am Pool Closed Swim Lessons</p> <p>11:00 - 11:30 am 2 Lanes Lap 4 Lanes Swim Lessons</p> <p>11:30 am - 3:00 pm 1 Lane Recreation (#1) 2 Lanes Lap (#2, 3) 3 Lanes Kehillah (#4, 5, 6)</p> <p>3:00 - 5:00 pm 2 Lanes Recreation (#1, 2) 2 Lanes Lap (#3, 4) 2 Lanes Kehillah (#5, 6)</p>	<p>7:00 - 8:00 am 6 Lanes Lap</p> <p>8:00 - 9:30 am 3 Lanes Masters (#2, #3, #4) 3 Lanes Lap (#1, #5, #6)</p> <p>9:30 am - 5:00 pm 3 Lanes Recreation 3 Lanes Lap</p>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



NOTE: Private Lessons are taught during Recreation/Lap times.