

# YULMAN INDOOR POOL SCHEDULE

(EFFECTIVE: Thursday, July 1, 2010 – Saturday, August 28, 2010)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 7:00	LAP SWIM	LAP SWIM	LAP SWIM	CLOSED FOR CLEANING	LAP SWIM	CLOSED	LAP SWIM 8:00-12:00
7:00 - 7:30							
7:30 - 8:00							
8:00 - 9:00	SENIOR EXERCISE	½ LAP SWIM ½ OPEN SWIM	SENIOR EXERCISE		SENIOR EXERCISE		
9:00 -12:00	½ OPEN SWIM  ½ LAP SWIM <i>(IF INCLEMENT WEATHER , ENTIRE POOL WILL BE RESERVED FOR JCC CAMP CHAVERIM)</i>						
12:00 – 12:45	LAP SWIM						OPEN SWIM 12:00 pm - 1:15 pm
12:45 – 2:45	½ OPEN SWIM  ½ LAP SWIM <i>(IF INCLEMENT WEATHER , ENTIRE POOL WILL BE RESERVED FOR JCC CAMP CHAVERIM)</i>					Pool Opens at 1:00 pm	PARTY RENTAL 1:15 pm – 2:15 pm
						½ OPEN SWIM ½ LAP SWIM	FAMILY SWIM  2:15 pm – 4:00 pm
2:45-5:00	OPEN SWIM				FAMILY SWIM UNTIL 3:45 pm	FAMILY SWIM	CLOSED 4:00 pm
5:00-5:30	½ LAP SWIM  ½ OPEN SWIM				Pool Closed at 3:45 pm	POOL CLOSED AT 4:00 PM	
5:30-6:00							1/2 LAP SWIM 1/2 LESSONS
6:00-6:30							
6:30-7:00							½ LAP SWIM ½ OPEN SWIM
7:00-7:30							EVENING WATER AEROBICS
7:30-8:00							
8:00- 8:30							½ LAP SWIM ½ OPEN SWIM



**Robert and Dorothy Ludwig Schenectady Jewish Community Center**  
 2565 Balltown Road, Niskayuna NY 12309 (518) 377-8803  
[www.schenectadyjcc.org](http://www.schenectadyjcc.org)

