

Gershwind/Jacobson Health & Wellness Center

LEMELMAN POOL SCHEDULE – SPRING 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am–9:00am 4 lap lanes	6:00–9:00am 5 lap lanes 1 walking lane	6:00–9:30am 5 lap lanes 1 walking lane	6:00–9:00am 5 lap lanes 1 walking lane	6:00–9:30am 5 lap lanes 1 walking lane	6:00–9:00am 5 lap lanes 1 walking lane	1:00–4:00pm 3 lap lanes
9:00–11:00am 3 lap lanes 1 walking lane	9:00–10:30am 3 lap lanes 1 walking lane	9:30am–12:30pm 3 lap lanes 1 walking lane	9:00–10:30am 3 lap lanes 1 walking lane	9:30am–12:30pm 3 lap lanes 1 walking lane	9:00am–12:30pm 3 lap lanes 1 walking lane	4:00–7:30pm open swim
11:00am–2:30pm 1/2 lap lanes 1 free lane	10:30am–3:30pm 3 lap lanes 1 walking lane	12:00–4:00pm 3 lap lanes 1 walking lane	10:30am–4:00pm 3 lap lanes 1 walking lane	12:00–4:00pm 3 lap lanes 1 walking lane	12:00–4:00pm 3 lap lanes 1 walking lane	
2:30–5:00pm 1 lap lane 1 free lane	3:30–4:30pm 3 lap lanes 1 walking lane	4:00pm–5:30pm 3 lap lanes 1 walking lane	4:00–4:30pm 3 lap lanes 1 walking lane	4:00–5:30pm 3 lap lanes 1 walking lane	4:00–5:00pm 3 lap lanes	
5:00–7:30pm 4 lap lanes	4:30–8:30pm 1 lap lane 1 free lane	5:30–8:30pm 2 lap lane 1 free lane	4:30–8:30pm 1 lap lane 1 free lane	5:30–8:30pm 2 lap lanes 1 free lane		
	8:30–10:00pm 2/3 lap lanes 1 free lane	8:30–10:00pm 3 lap lanes 1 free lane	8:30–10:00pm 4 lap lanes	8:30–10:00pm 2 lap lanes 1 free lane		

SUBJECT TO CHANGE WITHOUT NOTICE

For more information, call the Fitness Welcome Desk at 516-484-1545, ext. 139.

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SWIM CLASS SCHEDULE – SPRING 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00–10:30am Infant Swim 6–18 months	9:00–10:00am Aqua Aerobics	9:45–10:30am MS Aquatics	9:00–10:00am Water Workout	1:30–2:15pm Adult Novice Swim	9:00–10:00am Water Workout	1:30–2:30pm SNAP Swim Team
10:30–11:00am Toddler Swim 18–36 months	4:00–4:30pm Swim IV 5–10 years	10:00–10:30am Infant Swim 6–18 months	4:00–4:30pm Swim IV 5–10 years	4:00–4:30pm Swim IV 5–10 years	10:30–11:00am Toddler Swim	3:00–4:00pm Camp Kehilla
11:00–11:30am Pre-Swimmer 3–5 years	4:30–5:00pm Swim V 6–11 years	10:30–11:00am Toddler Swim 18–36 months	4:30–5:00pm Swim V 6–11 years	4:30–5:00pm Swim V 6–11 years	11:00am–12:00pm Arthritis Aquatics	
11:30am–12:00pm Swim IV 18–36 months	5:00pm–5:30pm Swim VI 6–11 years	11:00am–12:00pm Arthritis Aquatics	5:00–5:30pm Swim VI 7–12 years	5:00–5:30pm Swim VI 7–12 years		
12:00–12:30pm Pre-Swimmer 3–5 years	5:30–6:15pm Swim VII 7–12 years	4:00–4:30pm Swim IV 5–10 years	5:30–6:15pm Swim VII 7–12 years	5:30–6:15pm SNAP		
11:15am–1:30pm SNAP	6:15–8:30pm Spring Swim Training	4:30–5:00pm Swim V		6:15–8:30pm Spring Swim Training		
12:30–1:00pm Swim V 5–10 years		5:00–5:30pm Swim VI 7–12 years				
1:00–1:30pm Swim VI 6–11 years		6:15–8:30pm Spring Swim Training				
1:30–2:15pm Swim VII 7–12 years						
3:30–5:00pm Spring Swim Training						

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