

# 2017-2018 Indoor Pool Schedule

We strive to maintain 2 Lap Lanes for Lap Swim at all times

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:30		Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)				
6:00										5:30
6:30	Pool Opens at 7:00 am									
7:00	Lap Swim (4 Lanes)						Pool Opens at 7:30 am			
7:30		7:15-8:45 am Swim Team 4 lanes (Jacuzzi available)	7:15-8:45 am Swim Team 4 lanes (Jacuzzi available)	7:15-8:45 am Swim Team 4 lanes (Jacuzzi available)	7:15-8:45 am Swim Team 4 lanes (Jacuzzi available)		7:00			
8:00						8 - 8:50 am Water Aerobics	7:30			
8:30							8:00			
9:00	9 - 10 am Water Aerobics	9 - 9:55 am Water Aerobics	8:45- 9:25 am Water Zumba	9 - 9:55 am Water Aerobics	9 - 9:55 am Water Zumba	9 - 9:55 am Water Aerobics	Lap Swim (4 Lanes)			
9:30										
10:00		OPEN Swim (4 lanes)	OPEN Swim (4 lanes)	OPEN Swim (4 lanes)	OPEN Swim (4 lanes)					
10:30										
11:00		11:30-12 PreMasters		11:30-12 PreMasters		11:30-12 PreMasters				
11:30										
12:00		Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)					
12:30			1 - 2 pm <i>Heritage Center</i>			1 - 2 pm <i>Heritage Center</i>				
1:00						Lap Swim (4 Lanes)				
1:30										
2:00										
2:30		2-3 pm Swim Team 4 lanes	2-3 pm Swim Team 4 lanes	2-3 pm Swim Team 4 lanes	2-3 pm Swim Team 4 lanes		OPEN Swim (4 lanes)			
3:00						OPEN Swim (4 lanes)				
3:30		OPEN Swim (4 lanes)	OPEN Swim (4 lanes)	OPEN Swim (4 lanes)	OPEN Swim (4 lanes)					
4:00										
4:30										
5:00	4:30 - 5:30 pm Youth Stroke Refinement									
5:30		5:30-6:30pm Water Aerobics		5:00-6:00pm Water Aerobics		Pool Closes at 6:30 pm (April-Sept) Pool Closes at 5:30 pm (Oct-Mar)				
6:00			5:30-6:30pm Water Aerobics							
6:30		6-7 pm Swim Team 4 lanes		6-7 pm Swim Team 4 lanes						
7:00			6:30-7:30 pm Youth Stroke Refinement		6:30-7:30 pm Youth Stroke Refinement					
7:30	Pool Closes at 7:30 pm						Pool Closes at 7:30 pm			
8:00		Lap Swim (4 Lanes)		Lap Swim (4 Lanes)	Lap Swim (4 Lanes)					
8:30			Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)					
9:00										
9:30										



**Aquatics Coordinator**

Hannah Rank  
913-327-8022 hannahr@thejkc.org

**Aquatics Supervisor**

Carrie Monaghan  
913-327-8012 carriem@thejkc.org

white space is potential for 2 lap lanes first come first served

# 2017 Outdoor Pool Schedule

We strive to maintain 2 Lap Lanes for Lap Swim at all times

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30								5:30
6:00			5:45 - 6:45 am Master Swim (jacuzzi available)		5:45 - 6:45 am Master Swim (jacuzzi available)			6:00
6:30								6:30
7:00	Pool Opens at 7:00 am	7-8am Paddleboard Yoga					Pool Opens at 7:00 am	7:00
7:30	OPEN Swim & Lap Swim	7:15-8:45 am Swim Team		7:15-8:45 am Swim Team				7:30
8:00			8-9am Paddleboard Fit	7:15-8:45 am Swim Team 2 lanes		7:15-8:45 am Swim Team 2 lanes		8:00
8:30			8 - 8:50 am Water Aerobics		8 - 8:50 am Water Aerobics	8-9am Paddleboard Fit		8:30
9:00							8:15-9:15am Paddleboard Combo	9:00
9:30			9-12pm Camp & CDC Swim Lessons 6 lanes	9-12pm Camp & CDC Swim Lessons 6 lanes	9-12pm Camp & CDC Swim Lessons 6 lanes	9-12pm Camp & CDC Swim Lessons 6 lanes		9:30
10:00							10-12pm Camp & CDC Swim Lessons 6 lanes	10:00
10:30								10:30
11:00								11:00
11:30								11:30
12:00			12 - 1 pm Master Swim		12 - 1 pm Master Swim		12 - 1 pm Master Swim	
12:30								12:30
1:00		OPEN Swim	OPEN Swim	OPEN Swim	OPEN Swim	OPEN Swim	OPEN Swim & Lap Swim	1:00
1:30								1:30
2:00	2-4pm Group Swim Lessons	2-3 pm Swim Team 2 lanes	2-3 pm Swim Team 2 lanes	2-3 pm Swim Team 2 lanes	2-3 pm Swim Team 2 lanes	2-3 pm Swim Team 2 lanes		2:00
2:30								2:30
3:00		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		3:00
3:30								3:30
4:00								4:00
4:30								4:30
5:00								5:00
5:30		5-7pm Group Swim Lessons	5-7pm Group Swim Lessons	5-7pm Group Swim Lessons	5-7pm Group Swim Lessons	5-7pm Group Swim Lessons		5:30
6:00		6-7 pm Swim Team 2 lanes		6-7 pm Swim Team 2 lanes				6:00
6:30						Pool Closes at 6:30pm		6:30
7:00								7:00
7:30	Pool Closes at 7:30 pm			7-8pm Paddleboard Fit			Pool Closes at 7:30pm	7:30
		Pool Closes at 8:00 pm						