

AQUATICS SCHEDULE

Effective June 1, 2019

POOL OPEATION HOURS

Bobry Family Pool

Monday-Thursday, 8am-8pm
Friday, 8am-5:30pm
Saturday & Sunday, 8am-8pm

Max Adler Lap Pool

Monday-Thursday, 5:00am-9:30pm
Friday, 5am-5:30pm
Saturday & Sunday, 8am-8pm

M&T Bank Splash Pool

Saturday & Sunday, 10:00am-4:00pm
More hours coming in July!

MONDAY

9:00am-10:00am	Power Oodles of Noodles / Half Open	Family Pool	Vanessa S
11:00am-11:45am	Lengthen Power Oodles of Noodles / Half Open	Family Pool	Vanessa S
4:00pm-5:30pm	Group Swim Lessons (June 10-21) / Half Open	Family Pool	
6:00pm-7:00pm	Adult Learn to Swim (June 3-24) / Half Open	Family Pool	
6:30pm-7:30pm	Aqua Zumba / Half Open	Family Pool	Steve C

TUESDAY

8:45am-9:30am	HydroRider / Half Open	Family Pool	Christy S
9:30am-10:30am	H2O Bootcamp / One Open Lane	Lap Pool	Avi S
9:30am-11:30am	Group Swim Lessons / Half Open	Family Pool	
11:00am-11:45am	Joint in Motion	Family Pool	Christy S
4:00pm-5:30pm	Group Swim Lessons (June 10-21) / Half Open	Family Pool	
6:00pm-7:00pm	Aqua Cardio / Half Open	Lap Pool	Christy S

WEDNESDAY

8:45am-9:45am	Yoga Flow / Half Open	Family Pool	Wendy B
9:30am-11:00am	Group Swim Lessons	Family Pool	
4:00pm-5:30pm	Group Swim Lessons (June 10-21) / Half Open	Family Pool	
6:30pm-7:30pm	Aqua Zumba / Half Open	Family Pool	Steve C

THURSDAY

9:00am-10:00am	Power Aqua / One Open Lane	Lap Pool	Christy S
4:00am-5:30pm	Group Swim Lessons (June 10-21) / Half Open	Family Pool	
6:00pm-7:00pm	Aqua Circuits / Half Open	Family Pool	Andrea K

FRIDAY

9:00am-10:00am	Hydro Fit / One Open Lane	Lap Pool	Christy S
11:00am-11:45am	Aqua Aerobics / Half Open	Family Pool	Christy S
4:00pm-5:30pm	Group Swim Lessons (June 10-21) / Half Open	Family Pool	

SATURDAY

9:15am-10:00am	HydroRider / Half Open	Family Pool	Andrea K
8:00pm-9:00pm	Women's Only	Lap Pool	

SUNDAY

8:00pm-9:00pm	Men's Only Swimming	Lap Pool	
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Louis S. Wolk Jewish Community Center of Greater Rochester
The William and Mildred Levine Building
1200 Edgewood Avenue | Rochester, NY 14618

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(585) 461-2000

AQUATICS CLASSES

AQUAEROBICS: This low impact workout will challenge those who need to get into shape, have arthritis, or have had joint problems. This class incorporates low cardio, muscle toning, strengthening and balance work.

AQUA CARDIO: Join our certified aquatics staff for weekly cardio classes in the lap pool. Workouts include submerged running, cycling and kicking to keep your heart rate up while reducing the impact to your body and joints you would normally experience with land exercises. Class is free for members and no registration required

AQUA CIRCUIT: New to the pool, jam-packed boot camp type circuit workout in the water. Stations will include cycling, weights and motions to test your endurance and strength. Ideal for participants to jump start and diversify their training. Class is free for members and no registration required

AQUA POWER: Focusing on muscle strengthening through the use of equipment and body weight exercises. During the class, at least ONE lap lane will be left open for lap swimmers. Water walkers are welcome to use the deep end as long as they do not interfere with the class activities.

AQUA ZUMBA®: Latin dance beats follows exercisers into the pool in this unique blend of water aerobics and dance.

H2O BOOTCAMP: Taught by a certified instructor, this class is ideal for anyone suffering from joint pain, range of motion or flexibility problems to push yourself in the pool. During the class, at least ONE lap lane will be left open for lap swimmers. Water walkers are welcome to use the deep end as long as they do not interfere with the class activities

HYDRO FIT: An excellent aerobic, strength and strength training program. High intensity and low impact; the instructor chooses class format and equipment. During the class, at least ONE lap lane will be left open for lap swimmers. Water walkers are welcome to use the deep end as long as they do not interfere with the class activities

HYDRORIDER: Spin your wheels in the water in this unique indoor cycling class in the pool. Perfect for all fitness levels, Hydroider combines the best of cycling with the many benefits of exercising in the water. Water shoes required.

JOINTS IN MOTION \$: A 45-minute class designed for those with arthritis pain and mobility issues. Small group focus to overcome your aches and pains

LENGTHEN POWER NOODLE WATER WORKOUT: Aquatic Class to help stretch, lengthen and encourage body movement in the pool. Come join an upbeat, gentle way to workout in the water.

POWER OODLES OF NOODLES WORKOUT: A full hour of non-stop aerobics with noodles and other pool equipment that will leave you hooting and hollering! Exercises emphasize endurance and strength training.

YOGA FLOW: Let the water flow as you move through poses in this low impact, warm water class. Yoga Flow will simultaneously help you to develop strength, static balance and range of motion.