

# Aquatic Center Schedule

Effective as of December 1st, 2011



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Lap	Rec	Lap	Rec	Lap	Rec	Lap	Rec	Lap	Rec	Lap	Rec	Lap	Rec
5:00AM														
6:00AM	Masters 6-7		Masters 6-7		Masters 6-7		Masters 6-7		Masters 6-7					Social Members have pool privileges all day on Sundays.
7:00AM														
8:00AM														
9:00AM			Aqua Fit 9-10				Aqua Cardio 9:00-10:00		Aqua Sculpt 9-10					
10:00AM											Aqua Bootcamp 9:30-10:30			
11:00AM														
12:00PM														
1:00PM														
2:00PM														
3:00PM														
4:00PM	Swim Team 4-5 (\$)		Swim Team 4-5 (\$)		Swim Team 4-5 (\$)		Swim Team 4-5 (\$)							
5:00PM	Masters 5-6		Swim Team 5-6 (\$)		Masters 5-6		Swim Team 5-6 (\$)							
6:00PM	Aqua Fit 6:15-7:15		Masters 6:00-7:00		Aqua Bootcamp 6:15-7:15		Masters 6:00-7:00							
7:00PM														
8:00PM														
9:00PM														

## Important Reminders:

- Please only take one towel per person
- Please shower before entering the water

For more information about any of these events or programs contact the Aquatics Staff at 408.357.7423 or email [aquatics@svjcc.org](mailto:aquatics@svjcc.org).

**Lap** = 6 lap lanes that are available for lap swim unless a program is listed in the lap area. At least one lap lane is available at all times.  
**Rec** = Recreation swim for all guests and members in the shallow "L" section of the main pool. Programs in this area use a portion of the available space.  
**Sundays** = Open swim time for Social Membership holders every Sunday 7:00am-6:30pm.  
**Aqua Fit** = Adult Group Exercise class, free drop-in program for center members. Uses 2-4 lap lanes. Lower intensity than Aqua Conditioning.  
**Aqua Con** = Adult Group Exercise class, free drop-in program for center members. Uses 2-4 lap lanes. Higher intensity than Aqua Fit.  
**Aqua Sculpt** = Adult Group Exercise class, free drop-in program for center members. Uses 2 - 4 lap lanes. Focuses on sculpting with water weights.  
**Aqua Bootcamp**=Adult Group Exercise class, free drop-in program for center members. Uses 2-4 lap lanes. Uses circuits and high cardio.  
**Masters** = Adult drop-in swimming workout, free for center members. Uses up to 5 lap lanes depending on attendance.  
**\$** = indicates a fee associated with that program. Prices are based on membership status of the participant. Registration forms will be required.  
**\$\$SGSL** = Group Swim Lessons for ages 6 months - 12 years. Uses sections of the rec area or lap lanes. Register through Aquatics.  
**\$\$Swim Teams** = Youth Swim Team and Advanced Swim Team for ages 6-14 years. Uses up to 5 lap lanes depending on attendance. Register through Aquatics.  
 Individual Program Flyers are available here at the APJCC or on our website [www.svjcc.org](http://www.svjcc.org)  
**Addison-Penzak Jewish Community Center 14855 Oka Rd. Los Gatos, CA 95032**  
 For more information about programs or the schedule, please contact the Aquatics Staff at 408.357.7423 or [aquatics@svjcc.org](mailto:aquatics@svjcc.org).  
 A complete list of our Pool Rules is on the reverse side. Please review before visit. Schedule is subject to change.