

JCCSF Aquatics Schedule

January 1 – June 6, 2009



Mondays

5:45 – 7:00 am	Master Swim (LP) Steven L.
7:30 – 8:30 am	Aqua T'ai Chi (WP) Lynne M.
9:00 – 9:50 am	High Intensity Deep Water Aqua Fit (LP) Tricia P.
10:00 – 10:50 am	Aqua Fit (LP) Tricia P.
12:00 – 1:00 pm	Low Intensity Aqua Fit (LP) Sharon M.
12:30 – 1:30 pm	Warm Water Movement (WP) Bruce N.
6:00 – 7:00 pm	Aqua Fit (LP) Teresa P.
7:00 – 8:00 pm	Master Swim (LP) Andrew W.

Tuesdays

7:00 – 8:00 am	Deep Water Aqua Fit (LP) Sharon M.
10:00 – 11:00 am	Prenatal (LP) Tricia P.
11:00 am – 12:00 pm	Postnatal (LP) Tricia P.
12:30 – 1:30 pm	Warm Water Movement (WP) Lynne M.
7:00 – 8:00 pm	High Intensity Deep Water Aqua Fit (LP) Sharon M.

Wednesdays

9:00 – 9:50 am	High Intensity Deep Water Aqua Fit (LP) Tricia P.
10:00 – 10:50 am	Aqua Fit (LP) Tricia P.
12:30 – 1:30 pm	Warm Water Movement (WP) Bruce N.
6:00 – 7:00 pm	Aqua Fusion (LP) Luis V.
7:00 – 8:00 pm	Master Swim (LP) Andrew W.

Thursdays

7:00 – 8:00 am	Deep Water Aqua (LP) Teresa P.
10:00 – 11:00 am	Prenatal (LP) Desiree T.
11:00 am – 12:00 pm	Postnatal (LP) Desiree T.
12:30 – 1:30 pm	Warm Water Movement (WP) Lynne M.

Fridays

5:45 – 7:00 am	Master Swim (LP) Steven L.
9:00 – 10:00 am	Deep Water Aqua Fit (LP) Teresa P.
10:00 – 11:00 am	Aqua Fit (LP) Tricia P.
12:00 – 1:00 pm	Low Intensity Aqua Fit (LP) Sharon M.
12:30 – 1:30 pm	Aqua T'ai Chi (WP) Lynne M.

Saturdays

8:00 – 9:00 am	Deep Water Aqua Fit (LP) Teresa P.
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Pool Hours:

Monday through Friday: Closes at 9:45 pm
 Saturday: Closes at 6:45 pm
 Sunday: Closes at 7:45 pm

POOL CLASS DESCRIPTIONS

AQUA FIT – Take your workout to the pool for this invigorating, non-impact class. Participants will use water resistance to develop strength and cardiovascular endurance. This class is ideal for those who want a complete workout that is gentle on the body. No swimming experience needed.

AQUA FUSION – A combo workout for body and spirit. Simple, yet effective choreography is designed to develop endurance, agility, coordination, speed, power and strength. High-low interval cycles will challenge even the elite athlete. T'ai Chi is utilized towards end of class for spiritual harmony and balance. No swimming experience needed.

AQUA T'AI CHI – Easy to learn and safe. Learn slow, gentle and graceful T'ai Chi forms and exercises specifically adapted for the water. Improves balance, mental and physical health. Especially suitable for people with arthritis and stiffness in their joints. Come and enjoy a relaxing and beautiful water experience.

WARM WATER MOVEMENT CLASS – This warm water class is a great way to relax and soothe stiff and sore joints. No swimming is required, and you don't have to get your hair wet! You'll have fun and meet new friends.

HIGH INTENSITY DEEP WATER AQUA FIT – This deep water exercise class is an excellent addition to any cross training regime. Participants must be comfortable in deep water with minimal flotation. A range of techniques is used to create an exciting and comprehensive workout.

LOW INTENSITY AQUA FIT – This shallow water exercise class is designed for those who want to work out, yet may have some limited or restricted movement. A variety of equipment and activities makes this a dynamic and thorough workout aimed at improving strength, balance and flexibility. No swimming experience needed.

POSTNATAL – Specific drills utilize the best of swimming, cardio and strength training. Get in shape, get back in shape, or simply increase your energy and self-esteem through abdominal work developing your core strength.

PRENATAL – Meet other expectant mothers and stay fit throughout your pregnancy. This class is held in the shallow end of the lap pool and focuses on opening the hips and preparing the body for childbirth.

MASTER SWIM – A coached group workout designed to improve swimming performance and technique – this class will keep you motivated and focused to train at your best. All levels are welcome.

(LP) Lap Pool • (WP) Warm Pool • \$ Additional Fee

Jewish Community Center of San Francisco

3200 California Street (at Presidio Avenue)
 San Francisco, CA 94118
 415.292.1200
www.jccsf.org

Cliff Merritt, Aquatics Program Manager

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Aquatics Instructors

Andrew Wynkoop	Sharon Marks
Bruce Neal	Steven Li
Desiree Tamsky	Teresa Piro
Louis Vargas	Tony Nevarez
Lynne Michaelis	Tricia Probert

JCCSF Lap Lane Availability

January 1 – June 6, 2009



Mondays	Number of Lanes	Tuesdays	Number of Lanes	Wednesdays	Number of Lanes	Thursdays	Number of Lanes	Fridays	Number of Lanes	Saturdays	Number of Lanes	Sunday	Number of Lanes
6:00 am	2	6:00 am	5	6:00 am	5	6:00 am	5	6:00 am	2	6:00 am	Closed	6:00 am	Closed
7:00 am	5	7:00 am	3	7:00 am	5	7:00 am	3	7:00 am	5	7:00 am	5	7:00 am	5
8:00 am	5	8:00 am	3	8:00 am	5	8:00 am	3	8:00 am	5	8:00 am	2	8:00 am	3
9:00 am	3*	9:00 am	3	9:00 am	3*	9:00 am	3	9:00 am	2	9:00 am	3	9:00 am	3
10:00 am	3	10:00 am	3*	10:00 am	3	10:00 am	3*	10:00 am	2	10:00 am	3	10:00 am	3
11:00 am	5	11:00 am	3	11:00 am	5	11:00 am	3*	11:00 am	4	11:00 am	3	11:00 am	3
12:00 pm	3	12:00 pm	5	12:00 pm	5	12:00 pm	5	12:00 pm	3	12:00 pm	3	12:00 pm	3
1:00 pm	5	1:00 pm	3	1:00 pm	4	1:00 pm	3	1:00 pm	3	1:00 pm	3	1:00 pm	3
2:00 pm	3	2:00 pm	3	2:00 pm	3	2:00 pm	3	2:00 pm	3	2:00 pm	5	2:00 pm	5
3:00 pm	3	3:00 pm	3	3:00 pm	3	3:00 pm	3	3:00 pm	3	3:00 pm	5	3:00 pm	5
4:00 pm	2	4:00 pm	2	4:00 pm	2	4:00 pm	2	4:00 pm	2	4:00 pm	5	4:00 pm	5
5:00 pm	2	5:00 pm	2	5:00 pm	2	5:00 pm	2	5:00 pm	2	5:00 pm	5	5:00 pm	5
6:00 pm	2	6:00 pm	3	6:00 pm	3	6:00 pm	3	6:00 pm	2	6:00 pm	5	6:00 pm	5
7:00 pm	3	7:00 pm	3	7:00 pm	3	7:00 pm	5	7:00 pm	5	7:00 pm	Closed	7:00 pm	5
8:00 pm	5	8:00 pm	5	8:00 pm	5	8:00 pm	5	8:00 pm	5	8:00 pm	Closed	8:00 pm	Closed
9:00 pm	5	9:00 pm	5	9:00 pm	5	9:00 pm	5	9:00 pm	5	9:00 pm	Closed	9:00 pm	Closed

Notes:

On Saturday and Sunday mornings there will be 15-minute windows in which there will only be three lanes available.
 Also, towards the end of the swim lesson session, some swim classes will start to use the Lap Pool for short periods of time.
 *On some days there may be only two lanes available depending on Aqua fit class size.

Pool Hours:
 Monday through Friday: Closes at 9:45 pm
 Saturday: Closes at 6:45 pm
 Sunday: Closes at 7:45 pm