



AQUATICS SCHEDULE

Updated 2/11/2021. Class sizes are limited and registration is recommended. To find class descriptions or to register visit jccyoungstown.org/aquatics.

DAY	TIME	CLASS
MONDAY	5:30 a.m.	Pool Opens
	8:30 - 9:15 a.m.	Water In Motion
	5:00 - 6:30 p.m.	Swim Team (Lap Lanes Closed)
	6:00 - 7:00 p.m.	Aqua Cardio Blast
	8:30 p.m.	Pool Closes
TUESDAY	5:30 a.m.	Pool Opens
	8:30 - 9:15 a.m.	Mobility Plus
	9:15 a.m. - 12:15 p.m.	Pre-school Swim Lessons
	12:15 - 1:00 p.m.	Water Wonders
	5:00 - 6:30 p.m.	Swim Team (Lap Lanes Closed)
	6:00 - 7:00 p.m.	Deep Water Power
8:30 p.m.	Pool Closes	
WEDNESDAY	5:30 a.m.	Pool Opens
	8:30 - 9:15 a.m.	Water In Motion
	11:00 - 11:45 a.m.	Step It Up Flow
	5:00 - 6:30 p.m.	Swim Team (Lap Lanes Closed)
	6:00 - 7:00 p.m.	Aqua Challenge
8:30 p.m.	Pool Closes	
THURSDAY	5:30 a.m.	Pool Opens
	8:30 - 9:15 a.m.	Mobility Plus
	12:15 - 1:00 p.m.	Aqua Dance
	5:00 - 6:30 p.m.	Swim Team (Lap Lanes Closed)
	6:00 - 7:00 p.m.	Instructor's Choice
	8:30 p.m.	Pool Closes
FRIDAY	5:30 a.m.	Pool Opens
	11:00 - 11:45 a.m.	Instructors Choice
	5:00 - 6:30 p.m.	Swim Team (Lap Lanes Closed)
	6:30 p.m.	Pool Closes
SATURDAY	7:30 a.m.	Pool Opens
	8:00 - 8:45 a.m.	H2O Combo
	9:00 - 9:30 a.m.	You and Me Baby (6-36 months)
	9:30 - 10:00 a.m.	Learn to Swim Levels 1 & 2
	10:15 - 10:45 a.m.	Learn to Swim Levels 3 & 4
	11:00 - 11:30 a.m.	Water Women
	4:30 p.m.	Pool Closes
SUNDAY	7:30 a.m.	Pool Opens
	4:30 p.m.	Pool Closes