

# Oscar J. Tolmas Aquatics Complex

## Indoor Pool Schedule 12/20/18

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM - 5:00 PM	7:00 AM - 7:00 PM	7:00 AM - 7:00 PM	7:00 AM - 7:00 PM	7:00 AM - 7:00 PM	7:00 AM - 1:00 PM	1:00 - 5:00 PM
	Adult Free Swim 7:00 AM - 9:05 AM	Adult Free Swim 7:00 - 7:50 AM	Adult Free Swim 7:00 - 7:50 AM	Adult Free Swim 7:00 - 8:05 AM	Adult Free Swim 7:00 - 9:05 AM	
		Aqua Fit 8:00 - 8:50 AM	Aqua Cardio Fun 8:00 - 8:50 AM	Aqua Fit 8:15 - 9:05 AM		
Swim Lessons 9:00 - 11:00 AM	Aqua Fit 9:15 - 10:05 AM	Aqua Fit 9:00 - 9:50 AM	Adult Free Swim 9:00 - 11:50 AM	Adult Free Swim 9:15 AM - 3:35 PM	Aqua Fit 9:15 - 10:05 AM	
	Adult Free Swim 10:15 AM - 3:35 PM	Adult Free Swim 10:00 - 11:50 AM			Adult Free Swim 10:15 - 11:50 AM	
Adult Free Swim 11:00 AM - 2:00 PM						
		Aqua Cardio Fun 12:00 - 12:50 PM	Aqua Fit 12:00 - 12:50 PM		Aqua Balance 12:00 - 12:50 PM	
Family Swim Time 2:00 - 4:30 PM		Adult Free Swim 1:00 - 3:35 PM	Adult Free Swim 1:00 - 3:35 PM			Adult Free Swim 1:00 - 2:00 PM
	Guppies *Jan 14 - Feb 11 3:45 - 4:15 PM	Guppies *Jan 15 - Feb 7 3:45 - 4:15 PM	Guppies *Jan 14 - Feb 11 3:45 - 4:15 PM	Guppies *Jan 15 - Feb 7 3:45 - 4:15 PM		Family Swim Time 2:00 - 4:30 PM
Adult Free Swim 4:30 - 5:00 PM	Tadpoles *Jan 14 - Feb 11 4:30 - 5:00 PM	Tadpoles *Jan 15 - Feb 7 4:30 - 5:00 PM	Tadpoles *Jan 14 - Feb 11 4:30 - 5:00 PM	Tadpoles *Jan 15 - Feb 7 4:30 - 5:00 PM		Adult Free Swim 4:30 - 5:00 PM
	Adult Free Swim 5:10 - 5:50 PM	Jellies *Jan 15 - Feb 7 5:15 - 5:45 PM	Adult Free Swim 5:10 - 7:00 PM	Jellies *Jan 15 - Feb 7 5:15 - 5:45 PM		
	HIIT the Water 6:00 - 6:50 PM	Adult Free Swim 6:00 - 7:00 PM		Aqua Fit 6:00 - 6:50 PM		

Classes and times are subject to change. Class descriptions on back.

Free for Gold members / \$15 non-Gold members

Family swim is open to families with a Universal Gold membership.

Children ages 11 and under must be accompanied by an adult.

Adult Lap Swim in held in the outdoor pool Monday - Friday, 6:00 - 10:00 AM.

\*When lessons are not in session, pool is available for Adult Free Swim.

Adult Free Swim
Family Swim Time
Swim Classes
Swim Lessons
Pool Closed



### New Orleans JCC

5342 St. Charles Avenue New Orleans, LA 70115

504.897.0143 | www.nojcc.org

# Aquatics Class Descriptions

**Aqua Balance** A no impact 45-60 minute class, Aqua Balance is designed to increase range of motion, improve flexibility, decrease general stiffness, and enhance better balance to help with fall prevention through various strengthening exercises and activities.

**Aqua Cardio Fun** Have fun while increasing muscle strength, building greater flexibility and cardio respiratory endurance in a class that tones both the upper and lower body. Partner activities and exercises with and without equipment performed in rotation with minimal rest.

**Aqua Fit** Get a fun workout in the pool. Using state-of-the-art equipment, Aqua Fit focuses on cardio endurance training, shaping and strengthening all muscle groups, and increasing flexibility. All levels are welcome.

**HIIT the Water** A high intensity workout designed to burn calories and make you sweat. Expect to see intervals involving cardiovascular drills, balance, and stability that'll challenge your core!

## **Group Lessons**

**Bubble Babies** Ages 6 months - 2 years

**Tadpoles** Ages 2 - 3 years

**Guppies** Ages 3 - 5 years (must be potty trained)

**Jellies** Ages 6+ years

See JCC Swim School flyer or [nojcc.org/swimschool](http://nojcc.org/swimschool) for details and more information.

## Questions? Contact:

Kathleen Kennair at [kathleen@nojcc.org](mailto:kathleen@nojcc.org) or 504.897.0143 for lessons.

Winnie Rubin-Herring at [winnie@nojcc.org](mailto:winnie@nojcc.org) or 504.897.0143 for adult classes.



**New Orleans JCC**

5342 St. Charles Avenue New Orleans, LA 70115

504.897.0143 | [www.nojcc.org](http://www.nojcc.org)