



Qualcomm Sports, Fitness & Aquatics Complex

Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS

4126 Executive Drive • La Jolla, California 92037 • www.lfjcc.org • (858) 362-1337

MAY 2017

Monday 6:00 A.M.–9:00 P.M. Short Course All Day	Tuesday 6:00 A.M.–9:00 P.M. Long Course 6:00 A.M.–1:30 P.M. Lane Change 1:30–2:00 P.M. Short Course 2:00 P.M.–close	Wednesday 6:00 A.M.–9:00 P.M. Short Course All Day	Thursday 6:00 A.M.–9:00 P.M. Long Course 6:00 A.M.–1:30 P.M. Lane Change 1:30–2:00 P.M. Short Course 2:00 P.M.–close	Friday 6:00 A.M.–5:00 P.M. Long Course 6:00 A.M.–1:30 P.M. Lane Change 1:30–2:00 P.M. Short Course 2:00 P.M.–close	Saturday 8:30 A.M.–5:00 P.M. Short Course All Day	Sunday 8:30 A.M.–5:00 P.M. Short Course All Day
	NCA (1) 4:30–6:30 A.M.		NCA (1) 4:30–6:30 A.M.			
JCC Masters Swim (6) 6:00–7:30 A.M.	JCC Masters Swim (4) 6:00–7:30 A.M.	JCC Masters Swim (6) 6:00–7:30 A.M.	JCC Masters Swim (4) 6:00–7:30 A.M.	JCC Masters Swim (4) 6:00–7:30 A.M.	NCA (10) 7:00–11:00 A.M.	JCC Masters Swim (6) 9:00–10:30 A.M.
	JCC Aqua Aerobics (1) 8:30–9:30 A.M.		JCC Aqua Aerobics (1) 8:30–9:30 A.M.			
ISR 9:00 A.M.–6:30 P.M.	ISR 9:00 A.M.–6:30 P.M.	ISR 9:00 A.M.–6:30 P.M.	ISR 9:00 A.M.–6:30 P.M.	ISR 9:00 A.M.–6:30 P.M.		JCC Barracudas Elite (6) 10:30–11:30 A.M.
						JCC Swim Lessons 10:30 A.M.–1:00 P.M.
JCC Masters Swim (6) 12:00–1:30 P.M.	JCC Masters Swim (4) 12:00–1:30 P.M.	JCC Masters Swim (6) 12:00–1:30 P.M.	JCC Masters Swim (4) 12:00–1:30 P.M.	JCC Masters Swim (4) 12:00–1:30 P.M.		
		JCC Barracudas Elite (6) 1:30–2:30 P.M.				
JCC Swim Lessons (2) 1:30–7:00 P.M.		JCC Swim Lessons (2) 1:30–7:00 P.M.				
	JCC Swim Lessons (2) 2:00–7:00 P.M.		JCC Swim Lessons (2) 2:00–7:00 P.M.			
	LJCD Swim Team (6) 2:45–5:00 P.M.	LJCD Swim Team (6) 2:45–5:00 P.M.	LJCD Swim Team (6) 2:45–5:00 P.M.	LJCD Swim Team (6) 2:45–5:00 P.M.		
JCC Barracudas (4) 3:00–6:00 P.M.	JCC Barracudas (4) 3:00–6:00 P.M.	JCC Barracudas (4) 3:00–6:00 P.M.	JCC Barracudas (4) 3:00–6:00 P.M.	JCC Barracudas (4) 3:00–5:00 P.M.		
NCA (6) 3:00–8:30 P.M.	NCA (10) 3:00–8:30 P.M.	NCA (10) 3:00–8:30 P.M.	NCA (10) 3:00–8:30 P.M.	NCA (10) 3:00–7:30 P.M.		
JCC Barracudas Elite 6:00–7:00 P.M. (Deep Well)	JCC Barracudas Elite 6:00–7:00 P.M. (Deep Well)	JCC Barracudas Elite 6:00–7:00 P.M. (Deep Well)	JCC Barracudas Elite 6:00–7:00 P.M. (Deep Well)	<h3>MAY SPECIAL EVENTS</h3>		
Shores Water Polo Practices (Deep Well) 7:30–9:30 P.M.	Shores Water Polo Practices (Deep Well) 7:30–9:30 P.M.	Shores Water Polo Practices (Deep Well) 7:30–9:30 P.M.	Shores Water Polo Practices (Deep Well) 7:30–9:30 P.M.			
				Friday, May 5 Pool Hours 6:00 A.M.–1:30 P.M. Saturday, May 6 Pool & Spa Closed Sunday, May 7 Pool & Spa Closed Saturday, May 13 Pool open 11:00 A.M.–5:00 P.M. Monday, May 29 Memorial Day JCC Sports & Fitness open 6:00 A.M.–5:00 P.M.	Tuesday, May 30 Erev Shavout JCC Sports & Fitness open 6:00 A.M.–5:00 P.M. Wednesday, May 31 Shavout JCC Sports & Fitness open 6:00 A.M.–5:00 P.M. Thursday, June 1 Shavout JCC Sports & Fitness open 6:00 A.M.–5:00 P.M.	

*Please note during peak hours, lap lanes may be limited.
Please understand that circle swimming will be required.*

There are generally at least 4 lanes available to members during operating hours. During peak hours lane usage may be limited. The () indicates number of lanes used by group. Schedule is subject to change. Circle Swimming and lane sharing are required at busier times of the day. Please get the attention of the swimmer(s) you plan to share the lane with before jumping in.

JCC FITNESS FRONT DESK (858) 362-1337

