



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

NOVEMBER 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. Short Course 1:45 A.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. Short Course 1:45 A.M.–Close	Friday 6:00 A.M.–5:00 P.M. Long Course 6:00 A.M.–1:30 P.M. Short Course 1:45 A.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
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.		JCC Masters Swim (6) 9:00–10:30 A.M.
					NCA (6) 7:00–11:00 A.M.	
	JCC Aqua Aerobics (1) 8:30–9:30 A.M.		JCC Aqua Aerobics (1) 8:30–9:30 A.M.			
						JCC Swim Lessons (2) 10:30 A.M.–12:00 P.M.
JCC Masters Swim (6) 12:00–1:30 P.M.	JCC Masters Swim (6) 12:00–1:30 P.M.	JCC Masters Swim (6) 12:00–1:30 P.M.	JCC Masters Swim (6) 12:00–1:30 P.M.	JCC Masters Swim (6) 12:00–1:30 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.			
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) 3:30–8:00 P.M.	NCA (10) 3:30–8:00 P.M.	NCA (10) 3:30–8:00 P.M.	NCA (10) 3:30–8:00 P.M.	NCA (10) 3:30–8:00 P.M.		
				NOVEMBER SPECIAL EVENTS November 16–22 Boulder Co Swim Team using 6 lanes for practice 7:30–9:30 A.M. & 1:30–3:30 P.M. November 20–24 Barracuda Holiday Practice Novice 2:30–3:30 P.M. Elite 3:30–5:00 P.M. November 19 Eliana Bat Mitzvah 12:00–4:00 P.M. November 23 Thanksgiving Closed		
JCC Barracudas Elite 6:00–7:00 P.M. (Shallow End)	JCC Barracudas Elite 6:00–7:00 P.M. (Shallow End)	JCC Barracudas Elite 6:00–7:00 P.M. (Shallow End)	JCC Barracudas Elite 6:00–7:00 P.M. (Shallow End)			
Shores (Deep Well) 8:00–10:00 P.M.	Shores (Deep Well) 8:00–10:00 P.M.	Shores (Deep Well) 8:00–10:00 P.M.	Shores (Deep Well) 8:00–10:00 P.M.			
<p>Please note during peak hours, lap lanes may be limited. Please understand that circle swimming will be required.</p> <p>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.</p>						
JCC FITNESS FRONT DESK (858) 362-1337						

