

Horaire de la piscine - hiver 2010 winter - Pool Schedule

| Time | Dimanche / Sunday | | Lundi / Monday | | Mardi / Tuesday | | Mercredi / Wednesday | | Jeudi / Thursday | | Vendredi / Friday | | Samedi / Saturday | | Time |
|-------|----------------------------|---------------------------|---|--|-----------------|----------|----------------------|-------------------------------------|------------------|----------|-------------------|-------------------------------------|-------------------|----------|-------|
| | Lanes Available | Programs | Lanes Available | Programs | Lanes Available | Programs | Lanes Available | Programs | Lanes Available | Programs | Lanes Available | Programs | Lanes Available | Programs | |
| 5:45 | | | | | | | | | | | | | | | 5:45 |
| 6:00 | | | | CROCS (3) Swim Club 5:45-7:10 | | | | CROCS (3) Swim Club 5:45-7:15 | | | | CROCS (3) Swim Club 5:45-7:15 | | | 6:00 |
| 6:15 | | | | | | | | | | | | | | | 6:15 |
| 6:30 | | | | | | | | | | | | | | | 6:30 |
| 6:45 | | | | | | | | | | | | | | | 6:45 |
| 7:00 | | | Lane Swim (4) 5:45-8:25 | Wake Up Workout 7:15-8:10 <i>Nadia</i> | | | | | | | | | | | 7:00 |
| 7:15 | | | | | | | | | | | | | | | 7:15 |
| 7:30 | | | | | | | | | | | | | | | 7:30 |
| 7:45 | | | | | | | | | | | | | | | 7:45 |
| 8:00 | | | | | | | | | | | | | | | 8:00 |
| 8:15 | Lane Swim (6) 8:00-8:55 | | | | | | | | | | | | | | 8:15 |
| 8:30 | | | Lane Swim (4) Women Or | H2O Workout 8:30-9:25 | | | | | | | | | | | 8:30 |
| 8:45 | | | | | | | | | | | | | | | 8:45 |
| 9:00 | | | | | | | | | | | | | | | 9:00 |
| 9:15 | | | | | | | | | | | | | | | 9:15 |
| 9:30 | | | | | | | | | | | | | | | 9:30 |
| 9:45 | | | | | | | | | | | | | | | 9:45 |
| 10:00 | | Swim School 9:00-11:30 | | | | | | | | | | | | | 10:00 |
| 10:15 | | | | | | | | | | | | | | | 10:15 |
| 10:30 | | | | | | | | | | | | | | | 10:30 |
| 10:45 | | | Lane Swim (4) Women Or | Deep Water 10:40-11:3 <i>Suzann</i> | | | | | | | | | | | 10:45 |
| 11:00 | | | | | | | | | | | | | | | 11:00 |
| 11:15 | | | | | | | | | | | | | | | 11:15 |
| 11:30 | | | | | | | | | | | | | | | 11:30 |
| 11:45 | | | | | | | | | | | | | | | 11:45 |
| 12:00 | | | | | | | | | | | | | | | 12:00 |
| 12:15 | | | Lane Swim (4) 11:35-13:55 | Open Swim 11:35-13:55 | | | | | | | | | | | 12:15 |
| 12:30 | | | | | | | | | | | | | | | 12:30 |
| 12:45 | | | | | | | | | | | | | | | 12:45 |
| 13:00 | | | | | | | | | | | | | | | 13:00 |
| 13:15 | | | | | | | | | | | | | | | 13:15 |
| 13:30 | | | | | | | | | | | | | | | 13:30 |
| 13:45 | | | | | | | | | | | | | | | 13:45 |
| 14:00 | | | | | | | | | | | | | | | 14:00 |
| 14:15 | | | Lane Swim Women Only 14:00-14 | Open Swim Women C 14:00-14 | | | | | | | | | | | 14:15 |
| 14:30 | | | | | | | | | | | | | | | 14:30 |
| 14:45 | | | | | | | | | | | | | | | 14:45 |
| 15:00 | | | | | | | | | | | | | | | 15:00 |
| 15:15 | | | | | | | | | | | | | | | 15:15 |
| 15:30 | | | | | | | | | | | | | | | 15:30 |
| 15:45 | | | | | | | | | | | | | | | 15:45 |
| 16:00 | | | | | | | | | | | | | | | 16:00 |
| 16:15 | | | | | | | | | | | | | | | 16:15 |
| 16:30 | | | Lane Swim Men On 16:05-16 | Open Swim Men On 16:05-16 | | | | | | | | | | | 16:30 |
| 16:45 | | | | | | | | | | | | | | | 16:45 |
| 17:00 | | | | | | | | | | | | | | | 17:00 |
| 17:15 | | | | | | | | | | | | | | | 17:15 |
| 17:30 | | | Lane Swim (2) 17:00-18:30 | STINGRAYS (3) Swim Team 17:00-18:30 | | | | | | | | | | | 17:30 |
| 17:45 | | | | | | | | | | | | | | | 17:45 |
| 18:00 | | | | | | | | | | | | | | | 18:00 |
| 18:15 | | | | | | | | | | | | | | | 18:15 |
| 18:30 | | | Lane Swim (4) 18:30-19:10 | Open Swim 18:30-19:10 | | | | | | | | | | | 18:30 |
| 18:45 | | | | | | | | | | | | | | | 18:45 |
| 19:00 | | | | | | | | | | | | | | | 19:00 |
| 19:15 | | | | | | | | | | | | | | | 19:15 |
| 19:30 | | | Lane Swim (3) Women Or 19:0-19:30 | Open Swim Women On 19:0-19:30 | | | | | | | | | | | 19:30 |
| 19:45 | | | | | | | | | | | | | | | 19:45 |
| 20:00 | | | | | | | | | | | | | | | 20:00 |
| 20:15 | | | | | | | | | | | | | | | 20:15 |
| 20:30 | | | | | | | | | | | | | | | 20:30 |
| 20:45 | | | | | | | | | | | | | | | 20:45 |
| 21:00 | | | | | | | | | | | | | | | 21:00 |



Montreal Jewish Community Centres
Ben Weider JCC
5400 Westbury Ave.
514.737.6551
www.vmwaha.com

Legend:

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|-----------|------------|
| Lanes (l) | Women Only |
| Program | Men Only |

Pool Rules

Bathing caps must be worn
Soapy showers MUST be taken before entering the pool
Street shoes may NOT be worn on the pool deck
Children 8 years and under MUST be accompanied by a parent/guardian

Règlements de la piscine

Les casques de bain doivent être portés
Une douche avec savon est obligatoire avant d'entrer dans la piscine
Les chaussures ne doivent pas être portées sur la terrasse de la piscine
Les enfants de moins de 8 ans doivent être accompagnés par un adulte