



# Qualcomm Sports, Fitness & Aquatics Complex

Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS

4126 Executive Drive • La Jolla, California 92037 • www.lfjcc.org • (858) 457-3030

## DECEMBER 2019

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 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 6:00AM-1:30 pm Short Course 2:00 P.M. -Close	Friday 6:00 A.M.–5:00 P.M. Long Course 6:00A.M.–1:30 pm Short Course 2:00 P.M. -Close	Saturday 7:00 A.M.–5:00 P.M. Short Course All Day	Sunday 7:00 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.	TEAM ELITE 7:30-10:30 A.M.	JCC Masters Swim (6) 9:00–10:30 A.M.
TEAM ELITE 7:30-9:30 A.M.	TEAM ELITE 8:30-11:00 A.M.	TEAM ELITE 7:30-9:30 A.M.	TEAM ELITE 8:30-11:00 A.M.	TEAM ELITE 7:30-9:30 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 10:00–3:30 P.M.	JCC Swim Lessons 10:00–3:30 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 Masters Swim (6) 12:00–1:30 P.M.		
JCC Swim Lessons (1) 3:00–6:00 P.M.	JCC Swim Lessons (1) 3:00–6:00 P.M.	JCC Swim Lessons (1) 3:00–6:00 P.M.	JCC Swim Lessons(1) 3:00–6:00 P.M.			
JCC Barracudas (4) 3:45-6:45 P.M.	JCC Barracudas (4) 3:45-6:45 P.M.	JCC Barracudas (4) 3:45-6:45 P.M.	JCC Barracudas (4) 3:45-6:45 P.M.	JCC Barracudas (4) 3:30-4:45 P.M.		
TEAM ELITE ) :30-+,\$\$D.M.	TEAM ELITE ) :30-+,\$\$D.M.	TEAM ELITE ) :30-+,\$\$D.M.	TEAM ELITE ) :30-+,\$\$D.M.	TEAM ELITE ' :30-), ' \$D.M.		
	JCC Masters Swim 7:00-8:30 P.M.		JCC Masters Swim 7:00-8:30 P.M.			
Shores (Deep Well) 7:30-9:30 P.M.	Shores (Deep Well) 7:30-9:30 P.M.	Shores (Deep Well) 7:30-9:30 P.M.	Shores (Deep Well) 7:30-9:30 P.M.			

*Please note during peak hours (3:30-6:00pm), 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.

Schedules are 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 entering the pool.

**JCC GUEST SERVICES (858) 457-3030**

