



Qualcomm Sports, Fitness, and Aquatics Complex

Lawrence Family Jewish Community Center • JACOBS Family Campus
 4126 Executive Dr. • La Jolla, CA 92037 • www.lfjcc.org • (858) 457-3030

OCTOBER 2018

Monday 6:00 am - 9:00 pm <i>Short Course</i>	Tuesday 6:00 am - 9:00 pm <i>Long 6:00 am - 1:30 pm</i> <i>Short 1:30 pm - Close</i>	Wednesday 6:00 am - 9:00 pm <i>Short Course</i>	Thursday 6:00 am - 9:00 pm <i>Long 6:00 am - 1:30 pm</i> <i>Short 1:30 pm - Close</i>	Friday 6:00 am - 5:00 pm <i>Long 6:00 am - 1:30 pm</i> <i>Short 1:30 pm - Close</i>	Saturday 7:00 am - 5:00 pm <i>Short Course</i>	Sunday 7:00 am - 5:00 pm <i>Short Course</i>
JCC Masters Swim (4) 6:00 am - 7:30 am	JCC Masters Swim (6) 6:00 am - 7:30 am	JCC Masters Swim (4) 6:00 am - 7:30 am	JCC Masters Swim (6) 6:00 am - 7:30 am	JCC Masters Swim (6) 6:00 am - 7:30 am		
Team Elite (3) 8:00 am - 10:00 am	Team Elite (3) 8:00 am - 10:00 am	Team Elite (3) 8:00 am - 10:00 am	Team Elite (3) 8:00 am - 10:00 am	Team Elite (3) 8:00 am - 10:00 am		
		Aqua Zumba® 12:00 pm - 1:30 pm				JCC Masters Swim (4) 9:00 am - 10:30 am
						JCC Swim Lessons 10:30 am - 12:00 pm
JCC Masters Swim (4) 12:00 pm - 1:30 pm	JCC Masters Swim (6) 12:00 pm - 1:30 pm	JCC Masters Swim (4) 12:00 pm - 1:30 pm	JCC Masters Swim (6) 12:00 pm - 1:30 pm	JCC Masters Swim (6) 12:00 pm - 1:30 pm		NCA (6) 7:00 am - 10:00 am
JCC Swim Lessons (1) 1:30 pm - 7:00 pm	JCC Swim Lessons (1) 1:30 pm - 7:00 pm	JCC Swim Lessons (1) 1:30 pm - 7:00 pm	JCC Swim Lessons (1) 1:30 pm - 7:00 pm	JCC Swim Lessons (1) 1:30 pm - 7:00 pm		
JCC Barracudas (4) 3:30 pm - 7:00 pm	JCC Barracudas (4) 3:30 pm - 7:00 pm	JCC Barracudas (4) 3:30 pm - 7:00 pm	JCC Barracudas (4) 3:30 pm - 7:00 pm	JCC Barracudas (4) 3:30 pm - 7:00 pm		
NCA (6) 3:30 pm - 7:30 pm	NCA (6) 3:30 pm - 7:30 pm	NCA (6) 3:30 pm - 7:30 pm	NCA (6) 3:30 pm - 7:30 pm	NCA (6) 3:30 pm - 7:30 pm		
NCA (2- Shallow Well) *3:30 pm - 7:30 pm	NCA (2- Shallow Well) *3:30 pm - 7:30 pm	NCA (2- Shallow Well) *3:30 pm - 7:30 pm	NCA (2- Shallow Well) *3:30 pm - 7:30 pm	NCA (2- Shallow Well) *3:30 pm - 7:30 pm		
LJCD (2- Deep Well) 6:00 pm - 8:00 pm	LJCD (2- Deep Well) 6:00 pm - 8:00 pm	LJCD (2- Deep Well) 6:00 pm - 8:00 pm	LJCD (2- Deep Well) 6:00 pm - 8:00 pm	LJCD (2- Deep Well) 6:00 pm - 8:00 pm		
	JCC Masters Swim (3) 7:00 pm - 8:30 pm		JCC Masters Swim (3) 7:00 pm - 8:30 pm			
SHORES (6 & 2- Deep Well) 7:30 pm - 9:30 pm	SHORES (6 & 2- Deep Well) 7:30 pm - 9:30 pm	SHORES (6 & 2- Deep Well) 7:30 pm - 9:30 pm	SHORES (6 & 2- Deep Well) 7:30 pm - 9:30 pm	SHORES (6 & 2- Deep Well) 7:30 pm - 9:30 pm		

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



JCC GUEST SERVICES (858) 457-3030



Holiday Closures/Events

Monday, October 1, 2018	Shemini Atzeret	Open 6am - 5pm
Tuesday, October 2, 2018	Simchat Torah	Open 6am- 5pm
Friday, October 12, 2018	Water Polo Game	Varsity 4:15pm, JV 5:15pm
Wednesday, October 17, 2018	Water Polo Game	Varsity 4:15pm, JV 5:15pm