



HOLLAND INDOOR POOL SCHEDULE

MON-THURS 5:30 AM-8:30 PM
FRI 5:30 AM-7:30 PM | SAT-SUN 8:00 AM-5:30 PM

The deep end and limited lap lanes are open during classes unless otherwise noted.

SUNDAY	9:00 - 10:20 AM	Water Babies
	10:20 - 11:00 AM	Toddler Splash
	11:00 - 11:40 AM	Basic Water Skills & Learn to Swim Level 1
	11:40 AM - 12:15 PM	Learn to Swim Level 2 & 3
	12:15 - 1:15 PM	Water Muscles
MONDAY	4:30 - 6:45 PM	Storm Swim Team
TUESDAY	9:30 - 10:45 AM	Learn to Swim Early Childhood
	10:45 - 11:45 AM	Water Aerobics
	7:00 - 8:00 PM	Aqua Cardio Blast
WEDNESDAY	9:30 - 10:00 AM	Learn to Swim Early Childhood
	10:45 AM - 11:45 AM	Water Aerobics
	4:30 - 6:45 PM	Storm Swim Team
THURSDAY	9:30 - 10:45 AM	Learn to Swim Early Childhood
	10:45 AM - 11:45 PM	Water Aerobics
FRIDAY	4:30 - 6:45 PM	Storm Swim Team
SATURDAY	9:00 - 10:20 AM	Water Babies
	10:20 - 11:00 AM	Toddler Splash
	11:00 - 11:40 AM	Basic Water Skills & Learn to Swim Level 1
	11:40 AM - 12:15 PM	Learn to Swim Level 2 & 3
	12:15 - 1:15 PM	Water Muscles
	1:30 - 2:30 PM	Hydrorider

• You may use the MY J app to make Aquatics Group Fitness reservations •

AQUATICS CLASS DESCRIPTIONS

AQUATICS

AQUA CARDIO BLAST

All ages and fitness levels will enjoy this workout! Short intervals of cardio exercise at your own pace mixed with stretching and rest.

WATER AEROBICS

General cardio and resistance training for the upper & lower body in the water.

WATER MUSCLES

High intensity muscular endurance and cardiovascular training in the water.

HYDRORIDER

Burn calories in the water with this low impact, high resistance aqua spin bike!

Use the MY J App to make reservations for aquatics group fitness classes!



APPLE



GOOGLE

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