



February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Water Fitness Swim Lessons WAC	2 Water Fitness Swim Lessons WAC	3 Water Fitness Swim Lessons WAC	4 Water Fitness Swim Lessons
5	6 Water Fitness Swim Lessons WAC	7 Water Fitness St. Micheals Swim Lessons WAC	8 Water Fitness Swim Lessons WAC	9 Water Fitness Swim Lessons WAC	10 Water Fitness Swim Lessons WAC	11 Water Fitness Swim Lessons
12	13 Water Fitness James River WAC Lifeguard Training	14 Water Fitness James River WAC Lifeguard Training	15 Water Fitness James River WAC	16 Water Fitness James River WAC	17 Water Fitness Swim Lessons WAC	18 Swim Lessons
19	20 Water Fitness WAC Lifeguard Training	21 Water Fitness DJ Montague WAC Lifeguard Training	22 Water Fitness DJ Montague WAC Lifeguard Training	23 Water Fitness DJ Montague WAC Lifeguard Training	24 Water Fitness DJ Montague Swim Lessons WAC Lifeguard Training	25 Swim Lessons
26	27 Water Fitness Norge Swim Lessons WAC	28 Water Fitness Norge Swim Lessons WAC	29 Water Fitness Norge Swim Lessons WAC	<p style="text-align: center;">For more information call (757)259-4200 Or Visit www.jccEgov.com</p>		

Schedule

Swim Lessons
M/W: 4:30pm-7:30pm
T/H: 10:30am-2pm
 4:30 pm-7:30pm
F: 10:30am-2pm
Sat: 9:30am-1:30pm

Water Fitness
Mon/Wed/Fri: 8am-12pm
Tues/Thurs: 8-11am
 1pm-2pm

WAC
Mon-Th: 3pm-5pm /
 7:30pm-9pm
F: 3pm-6:30pm

4th Grade Learn to Swim
James River: 9:30-1:30pm
DJ Montague 9:30-1:30pm
Norge: 9:30-1:30pm

St. Micheal's Day Support
T: 12-1pm

Lifeguard Training
M-F: 5—9pm

