



EVELYN RUBENSTEIN JCC  
HOUSTON

## Indoor Pool Hours

### Indoor Pool

|                 |                                    |
|-----------------|------------------------------------|
| Monday—Thursday | 5:00 AM—4:30 PM<br>5:30 PM—8:00 PM |
|-----------------|------------------------------------|

|        |                 |
|--------|-----------------|
| Friday | 5:00 AM—5:30 PM |
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|                 |                 |
|-----------------|-----------------|
| Saturday—Sunday | 8:00 AM—6:00 PM |
|-----------------|-----------------|

### Aquatic Fitness Classes

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|----------------|-----------------|--------------------|
| Mon./Wed./Fri. | 7:15 AM—8:00 AM | Deep Water Fitness |
|----------------|-----------------|--------------------|

|                |                 |                   |
|----------------|-----------------|-------------------|
| Mon./Wed./Fri. | 9:00 AM—9:45 AM | Water Fitness 60+ |
|----------------|-----------------|-------------------|

|                    |                                     |               |
|--------------------|-------------------------------------|---------------|
| Tuesday & Thursday | 9:15 AM—10:00 AM<br>7:00 PM—7:45 PM | Water Fitness |
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## Coogs Master Swimming Program

All facility members (Health, Sports & Fitness, Tennis and Tennis Elite) are welcome to join our Masters Swimming Program at no additional monthly cost to your membership. Register at <http://www.usms.org/reg/register.php>. For local use “Gulf.”

|               |                  |                     |
|---------------|------------------|---------------------|
| Monday—Friday | 11:30 AM—1:00 PM | Merfish Teen Center |
|---------------|------------------|---------------------|

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|-----------------|-----------------|---------------------|
| Monday & Friday | 6:00 AM—7:30 AM | Merfish Teen Center |
|-----------------|-----------------|---------------------|

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|--------------------|------------------------------------|--|
| Tuesday & Thursday | 5:00 AM-6:30 AM<br>7:00 PM—8:30 PM | Merfish Teen Center<br>Merfish Teen Center |
|--------------------|------------------------------------|--|

The most up to day pool schedule is always available online at [erjcchouston.org](http://erjcchouston.org).  
Contact Lee Hutchens for more information [lhutchens@erjcchouston.org](mailto:lhutchens@erjcchouston.org).



Evelyn Rubenstein Jewish Community Center of Houston  
5601 S. Braeswood | Houston, TX 77096 | 713.729.3200

[erjcchouston.org](http://erjcchouston.org)