

Effective September 1st, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7:00am-8:15pm Adult Lap Swim 7:00-7:15am (6) 7:15-8:15am (1) 8:15-9am (6) 9am-8:15pm (4)**</p> <p>Masters* 7:15-8:15am (5)</p> <p>Swim Lessons* 9am-1pm**</p> <p>Adapted Aquatics* 9am-5:00pm</p> <p>Open Swim 9:00am-8:15pm</p> <p>Pool Parties* 12:45-3:00pm</p>	<p>5:30am-9:45pm Adult Lap Swim 5:30-5:45am(6) 5:45-7:15am (4) 7:15-9:00am (6) 9:00-9:30am (4) 9:30-10:15am (3) 10:15am-3:30pm (4)** 3:30-5:00pm (2)** 5:00-8:30pm(0) 8:30-9:00pm(4)** <u>Men only</u> 9:00-9:45pm (6)</p> <p>Open Swim 9:00am-5:00pm 8:30-9:00pm</p> <p>Swim Lessons* 10:00am-7:30pm**</p> <p>Adapted Aquatics* 10:30am-7:00pm</p> <p>Swim Team* 5:45-7:15am (2) 3:30-5:00pm (2) 5:00-6:00pm (4) 6:00-7:30pm (5) 7:30-8:30pm (6)</p> <p>Aqua Fitness🎵 9:30-10:15am (3)</p>	<p>5:30am-9:45pm Adult Lap Swim 5:30-6:15am (6) 6:15-7:15am (1) 7:15-9:00am (6) 9:00am-3:30pm (4)** 3:30-5:00pm (2)** 5:00-8:30pm(0) 8:30-9:00pm(4)** <u>Women only</u> 9:00-9:45pm (6)</p> <p>Open Swim 9:00am-5:00pm 8:30-9:00pm</p> <p>Swim Lessons* 10:30am-7:30pm**</p> <p>Adapted Aquatics* 1:30-7:00pm</p> <p>Swim Team* 3:30-5:00pm (2) 5:00-6:00pm (4) 6:00-7:30pm (5) 7:30-8:30pm (6)</p> <p>Masters* 6:15-7:15am (5)</p>	<p>5:30am-9:45pm Adult Lap Swim 5:30-5:45am (6) 5:45-7:15am (4) 7:15-9:00am (6) 9:00-9:30am (4) 9:30-10:15am (3) 10:15am-3:30pm (4)** 3:30-5:00pm (2)** 5:00-8:30pm(0) 8:30-9:00pm (4)** 9:00-9:45pm (6)</p> <p>Open Swim 9:00am-5:00pm 8:30-9:00pm</p> <p>Swim Lessons* 10:30am-7:30pm**</p> <p>Adapted Aquatics* 2:00-7:00pm</p> <p>Swim Team* 5:45-7:15am (2) 3:30-5:00pm (2) 5:00-6:00pm (4) 6:00-7:30pm (5) 7:30-8:30pm (6)</p> <p>Aqua Fitness🎵 9:30-10:15am (3)</p>	<p>5:30am-9:45pm Adult Lap Swim 5:30-6:15am (6) 6:15-7:15am (1) 7:15-9:00am (6) 9:00am-3:30pm (4)** 3:30-5:00pm (2)** 5:00-8:30pm(0) 8:30-9:00pm (4)** 9:00-9:45pm (6)</p> <p>Open Swim 9:00-5:00pm 8:30-9:00pm</p> <p>Swim Lessons* 9:30-7:30pm**</p> <p>Adapted Aquatics* 3:30pm-7:00pm</p> <p>Swim Team* 3:30-5:00pm (2) 5:00-6:00pm (4) 6:00-7:30pm (5) 7:30-8:30pm (6)</p> <p>Masters* 6:15-7:15am (5)</p>	<p>5:30am-5:45pm Adult Lap Swim 5:30-9:00am (6) 9:00-9:45am (3) 9:45-4:00pm (4)** 4:00-5:45pm (1)</p> <p>Open Swim 9:00am-5:45pm</p> <p>Swim Lessons* 2:00-5:45pm**</p> <p>Swim Team* 4:00-5:45pm (3)</p> <p>Aqua Fitness 🎵 9:00-9:45am (3)</p> <p>Facility closes at 6pm for Shabbat</p>	<p>7am-6:45pm Adult Lap Swim 7:00-8:30am (6) 8:30-6:45pm (4)**</p> <p>Open Swim 9:00am-1:30pm</p> <p>Swim Lessons* 8:30am-1:00pm**</p> <p>Adapted Aquatics* 8:30am-2:00pm</p> <p>Adapted Aqua Zumba*🎵 4:45-5:15pm</p>

* Denotes paid programs
** Denotes that lap lanes could be used for swim lessons

(#) Denotes number of lanes designated

🎵 Denotes class with music

The indoor pool is a 25 meter pool.
1 mile is equal to 66 lengths or 33 laps.
Water temperature is 83°.

Please see reverse side for pool policies

INDOOR POOL SCHEDULE

POOLS RULES

- Follow all lifeguard directions. They are responsible for the safety of all swimmers.

• **Showers are required before entering the pool.** This is a Massachusetts State Law.

- Swim caps must be worn. Caps are available for sale at our front desk and available on deck for borrowing.
- **Keep it fun.** Horseplay or other unsafe behavior is prohibited.
- Prolonged submersion and breath holding are prohibited.
- **No diving** in the pool. Only program participants are allowed to dive under the supervision of JCC aquatics staff.
- **Bathing suits must be worn.** Cut-off shorts or t-shirts are not allowed unless for religious purposes.
- Lifejackets and inflatable floatation are not allowed.
- **Every child under 3 ½ years old must wear a swim diaper and a waterproof vinyl swim diaper under their bathing suit.** Regular disposable diapers are not allowed.
- People with open wounds, rashes or sores are not allowed to swim until they have healed. No bandages are allowed in the pool.
- Food, gum, and glass are not allowed on the pool deck or locker rooms.
- No spitting in pool or on pool deck.

* In the event of an emergency you are required to clear the pool deck and follow all other instructions given to you by lifeguards or other JCC aquatics staff. *

Lap Swim

- Swimmers of all ages are welcome to swim laps. Swimmers must be able to swim the full length of the pool continuously and without support.
- If space is available, exercising, walking, and floating are permitted during Lap Swim.
- Lap swimmers must share lanes if there is not an open lane. Circle swimming is required when 3+ swimmers are sharing a lane. To swim circles effectively, watch the centerline on the bottom of each lane and stay to the right.
- Acknowledge and respect your fellow swimmers when you are sharing a lane.

Open Swim

- For recreational, water fitness, and rehabilitation use.
- Toys & noodles are available to use! In extreme cases, the lifeguards will minimize use depending on number of patrons.
- All LKSA swim lesson equipment is for swim lessons only.
- Any children under the age of 12 unable to swim to complete the swim test must be accompanied by an adult in the water.
- Swimmers who have passed the swim test and are under the age of 12 must be accompanied by an adult in the pool area.
- There is limited space for open swim during swim lessons and birthday parties.