

JCC Greater Boston
INDOOR POOL SCHEDULE

Effective September 1, 2018

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

* 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

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.