

July-August 2019 Water Fitness & Pool Schedule

Lane & Open Swim Schedule *effective through August 31st*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday										
5:30-6:00 a.m.	5:30-9:30 a.m. 4 Lap & 2 Open Lanes	5:30-9:30 a.m. 4 Lap & 2 Open Lanes	5:30-9:30 a.m. 4 Lap & 2 Open Lanes	5:30-9:30 a.m. 4 Lap & 2 Open Lanes	5:30-9:00 a.m. 4 Lap & 2 Open Lanes												
5:30-6:00 a.m.																	
6:00-6:30 a.m.																	
6:30-7:00 a.m.						9:00-1:30 p.m. 2 Lap & 1 Open Lanes Camp Lessons 3 Lanes	9:00-1:30 p.m. 2 Lap & 1 Open Lanes Camp Lessons 3 Lanes	9:00-1:30 p.m. 2 Lap & 1 Open Lanes Camp Lessons 3 Lanes	9:00-1:30 p.m. 2 Lap & 1 Open Lanes Camp Lessons 3 Lanes	9:00 - 4:00 p.m. 3 Lap & 3 Open Lanes	7:00-8:00 a.m. 4 Lap & 2 Open Lanes	7:00-9:00 a.m. 4 Lap & 2 Open Lanes					
7:00-7:30 a.m.																	
7:30-8:00 a.m.																	
8:00-8:30 a.m.											1:30-5:00 p.m. 3 Lap & 3 Open Lanes	1:30-6:00 p.m. 3 Lap & 3 Open Lanes	1:30-5:00 p.m. 3 Lap & 3 Open Lanes	1:30-5:30 p.m. 3 Lap & 3 Open Lanes	11:45-12:45 p.m. 4 Lap & 2 Open Lanes	8:30-9:15 a.m. 3 Lap Lanes Open	
8:30-9:00 a.m.																	
9:00-9:30 a.m.																	
9:30-10:00 a.m.	5-7:45 p.m. Swim Lessons No Open Swim 2 Adult Lap Swim	6:00-7:00 p.m. 2 Open & 1 Lap Lanes	5-7:45 p.m. Swim Lessons No Open Swim 2 Adult Lap Swim	5:30-6:30 p.m. 1 Lap & 2 Open Lanes	12:45-3:00 p.m. 1 Lap & 2 Open Lanes											9:30 a.m.-Noon 2 Adult Lap Lanes Open, 3 Lanes Swim Lessons No Open Swim	9:00 - 5:30 p.m. 3 Lap & 3 Open Lanes
10:00-10:30 a.m.																	
10:30-11:00 a.m.																	
11:00-11:30 a.m.						7:45-8:30 p.m. 3 Lap & 3 Open Lanes	7:30-8:30 p.m. 3 Lap & 3 Open Lanes	7:45-8:30 p.m. 3 Lap & 3 Open Lanes	7:30-8:30 p.m. 3 Lap & 3 Open Lanes	3:00-5:30 p.m. 3 Lap & 3 Open Lanes						Noon-5:30 p.m. 3 Lap & 3 Open Lanes	
11:30 a.m.-Noon																	
Noon-12:30 p.m.																	
12:30-1:00 p.m.											5:00-5:30 p.m.	5:30-6:00 p.m.	5:00-5:30 p.m.	5:30-6:00 p.m.	3:00-5:30 p.m. 3 Lap & 3 Open Lanes	Pool Closes at 5:30 p.m.	
1:00-1:30 p.m.																	
1:30-2:00 p.m.																	
2:00-2:30 p.m.	7:00-7:30 p.m.	7:00-7:30 p.m.	7:00-7:30 p.m.	7:00-7:30 p.m.	7:00-7:30 p.m.											Indoor Pool Hours: Mondays-Thursdays, 5:30 a.m.-8:30 p.m. Fridays, 5:30 a.m.-5:30 p.m. Saturdays & Sundays, 7 a.m.-5:30 p.m.	
2:30-3:00 p.m.																	
3:00-3:30 p.m.																	
3:30-4:00 p.m.						7:30-8:00 p.m.	7:30-8:00 p.m.	7:30-8:00 p.m.	7:30-8:00 p.m.	7:30-8:00 p.m.						Outdoor Pool Hours Open Swim 11 a.m. - 7:45 p.m. daily, Adult Lap Swimming Daily 10 a.m.-noon and Mondays & Wednesdays, 7-7:45 p.m. <i>Text @ShawJCC to 81010 for class cancellations & aquatics updates.</i>	
4:00-4:30 p.m.																	
4:30-5:00 p.m.																	
5:00-5:30 p.m.											8:00-8:30 p.m.	8:00-8:30 p.m.	8:00-8:30 p.m.	8:00-8:30 p.m.	8:00-8:30 p.m.		
5:30-6:00 p.m.																	
6:00-6:30 p.m.																	
6:30-7:00 p.m.	8:30-9:00 p.m.	8:30-9:00 p.m.	8:30-9:00 p.m.	8:30-9:00 p.m.	8:30-9:00 p.m.												
7:00-7:30 p.m.																	
7:30-8:00 p.m.																	
8:00-8:30 p.m.						Pool Closes at 8:30 p.m.	Pool Closes at 8:30 p.m.	Pool Closes at 8:30 p.m.	Pool Closes at 8:30 p.m.	Pool Closes at 8:30 p.m.							
8:30-9:00 p.m.																	
8:30-9:00 p.m.																	

Water Fitness Classes (Free for members) *effective through August 31st*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 a.m. Water Werks Elaine (Outdoors)	9-10 a.m. Water Werks Elaine (Outdoors)	9-10 a.m. Water Werks Elaine (Outdoors)	9-10 a.m. Water Werks Elaine (Outdoors)	9-10 a.m. Water Werks Elaine (Outdoors)	8-8:45 a.m. Aqua Bootcamp Peach (Outdoors)	
	10:15-11 a.m. Aqua Core & Strength Anette (Outdoors)	10:45-11:30 a.m. Aqua Bootcamp Trent (Outdoors)	10:30-11:15 a.m. SilverSplash Lori (Outdoors)	5:30-6:30 p.m. Aqua Bootcamp Peach & Trent(Outdoors)	Upcoming Events at the Pool: Stingrays Swim Team: June 3-July 27 Summer Swim Lessons: Last session starts July 22 Fall Swim Classes: Look in mid August online for dates and times at www.shawjcc.org Open Swim Nights: July 11, 18 & 25 Annual Member Appreciation Pool Party: Sunday, Aug. 4, noon-4 p.m.	

Water Fitness Class Descriptions

WATER WERKS: Mondays-Fridays, 9-10 a.m.

Medium intensity level workout for all ages. More than 90 exercises working from head to toe, increasing range of motion and strengthen muscles while improving balance and coordination. Aqua bells & boards used. Class can be done in shallow &/or deep water. (All levels)

AQUA BOOT CAMP: Wednesdays, 10:45 a.m.-11:30 a.m., Thursdays, 5:30-6:30 p.m. and Saturdays, 8-8:45 a.m.

Medium to high intensity level workout designed to condition, tone and firm muscles while burning calories by using water resistance.

SILVERSNEAKERS (SILVER SPLASH): Thursdays, 10:15-11:15 a.m.

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Pool Rules

1. Please obey all lifeguard instructions; failure to do so may result in patron being asked to leave.
2. Proper swim attire is required. No street clothes, cut offs, denim shorts, or thong bathing suits are permitted in the pool area, unless deemed appropriate for religious purposes.
3. Children under the age of 13 years old must be accompanied by a parent or guardian at all times. All children under 6 years of age must be accompanied in the water by parent or guardian. Children who cannot swim must be within an arm's reach of a parent or guardian and remain in the shallow end.
4. Glass containers are not allowed in the Aquatic area.
5. Food and drinks are not allowed in the Aquatic facility, except for water in unbreakable containers.
6. No running on the pool deck.
7. No pushing, shoving, throwing, dunking, horseplay, or inappropriate behavior is allowed.
8. No diving or jumping into the pool.
9. Starting blocks shall not be used for any purpose other than for swim team or swim lessons.
10. No hanging on lane lines, ropes, or rails.
11. Children who are not toilet trained must wear swim diapers.
12. During peak hours, pool patrons must share lanes and circle swim.
13. The pool will be closed for 30 minutes in cases of bad weather (thunder, lighting, tornado warnings, etc.).
14. Swim lessons and personal training by authorized JCC personnel or by authorized groups only.
15. Band-Aids, gum, and trash must be deposited in the trash cans before entering the aquatic area.
16. Spitting, spouting water, blowing the nose, or discharging bodily waste in the pool is strictly prohibited.
17. All persons using the swimming pool must take a shower before entering the pool enclosure.
18. Persons having open blisters or cuts are advised not to use the pool.
19. There is no open swim time during group swim lessons.
20. Adults 16+ have preference in lap swim lanes.
21. This schedule is subject to change.



Swim Lessons Offered Here

Call today to register
(330) 867-7850

Outdoor Pool 2019 Season

Saturday, May 25 through Labor Day
11:00 a.m.-7:45 p.m.
Weather Permitting



Shaw JCC
Akron