

June-August 2018 Water Fitness & Pool Schedule

Lane & Open Swim Schedule <i>effective through August 31st</i>							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00 AM	5:30-9:00 AM 4 Lap & 2 Open Lanes	5:30-9:00 AM 4 Lap & 2 Open Lanes	5:30-9:00 AM 4 Lap & 2 Open Lanes	5:30-9:00 AM 4 Lap & 2 Open Lanes	5:30-9:00 AM 4 Lap & 2 Open Lanes	7:00-8:00 AM 4 Lap & 2 Open Lanes	7:00-9:00 AM 4 Lap & 2 Open Lanes
5:30-6:00 AM							
6:00-6:30 AM							
6:30-7:00 AM							
7:00-7:30 AM							
7:30-8:00 AM							
8:00-8:30 AM							
8:30-9:00 AM							
9:00-9:30 AM	9:00-11:45 PM 2 Lap & 1 Open Lanes Camp 3 Lanes	9:00-11:45 PM 2 Lap & 1 Open Lanes Camp 3 Lanes	9:00-11:45 PM 2 Lap & 1 Open Lanes Camp 3 Lanes	9:00-12:00 PM 2 Lap & 1 Open Lane Camp 3 Lanes Silver Splash 2 Lanes, Lap 1 Lane & Camp 3 Lanes 11:15 AM-noon	9:00 - 4:00 PM 3 Lap & 3 Open Lanes	9:00 AM - noon 2 Adult Lap Lanes Open, No Open Swim	9:00 - 5:30 PM 3 Lap & 3 Open Lanes
9:30-10:00 AM							
10:00-10:30 AM							
10:30-11:00 AM							
11:00-11:30 AM							
11:30 AM-Noon							
Noon-12:30 PM							
12:30-1:00 PM							
1:00-1:30 PM							
1:30-2:00 PM							
2:00-2:30 PM	12:45-3:00 PM 1 Lap & 2 Open Lanes Camp 3 Lanes	12:45-3:00 PM 1 Lap & 2 Open Lanes Camp 3 Lanes	12:45-3:00 PM 1 Lap & 2 Open Lanes Camp 3 Lanes	12:45-3:00 PM 1 Lap & 2 Open Lanes Camp 3 Lanes	12:45-3:00 PM 1 Lap & 2 Open Lanes Camp 3 Lanes	Noon-5:30 PM 3 Lap & 3 Open Lanes	
2:30-3:00 PM							
3:00-3:30 PM							
3:30-4:00 PM							
4:00-4:30 PM	3:00-5:00 PM 3 Lap & 3 Open Lanes	3:00-6:00 PM 3 Lap & 3 Open Lanes	3:00-5:00 PM 3 Lap & 3 Open Lanes	3:00-5:30 PM 3 Lap & 3 Open Lanes	3:00-5:30 PM 3 Lap & 3 Open Lanes		
4:30-5:00 PM							
5:00-5:30 PM	5:00-7:45 PM 3 Adult Lap Lanes 3 Lanes Swim Lessons	6:00-7:00 PM 2 Open & 1 Lap Lanes	5:00-7:45 PM 3 Adult Lap Lanes 3 Lanes Swim Lessons	5:30-6:30 PM 1 Lap & 2 Open Lanes	Pool Closes at 5:30 PM		
5:30-6:00 PM							
6:00-6:30 PM							
6:30-7:00 PM							
7:00-7:30 PM	7:45-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:45-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	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. Outdoor Pool Hours Open 11 a.m.-7:45 p.m. daily, Outdoor Lap Swim 10-11 a.m. Sundays-Fridays <i>Text @ShawJCC to 81010 for class cancellations & aquatic updates.</i>		
7:30-8:00 PM							
8:00-8:30 PM							
8:30-9:00 PM	Pool Closes at 8:30 PM						

Water Fitness Classes (Free for members) <i>effective through August 31st</i>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00 AM Water Werks Elaine (Outdoors)	9:00-10:00 AM Water Werks Elaine (Outdoors)	9:00-10:00 AM Water Werks Elaine (Outdoors)	9:00-10:00 AM Water Werks Elaine (Outdoors)		8-8:45 AM Aqua Bootcamp Peach (Outdoors)	9:30-10:30 AM Aqua Bootcamp Peach (Outdoors)
		10:45-11:30 AM Aqua Bootcamp Trent (Outdoors)	11:15 AM-noon SilverSplash Lori	Upcoming Events at the Pool: Stingray Swim Team runs through July 29 Summer Swim Lessons: Last session starts July 23 Fall Swim Classes: Look in mid-August online for dates and times at www.shawjcc.org Annual Member Appreciation Pool Party: July 29, noon-4 p.m. FREE for members & their guests!		
	4:15-5 PM SilverSplash Christine		5:30-6:30 PM Aqua Bootcamp Peach/Trent(Outdoors)			
	6:30-7:30 PM Aqua Fit Annette(See Swim Meets)					

Water Fitness Class Descriptions

WATER WERKS: Mondays, Tuesdays, Wednesdays & Thursdays, 9–10 AM

Medium intensity level workout for all ages. Over 90 exercises working from head to toe, increasing range of motion and strengthen muscles while improving balance and coordination. Class can be done in shallow and/or deep water.

AQUA FIT: Tuesdays, 6:30-7:30 PM

Medium to high intensity level workout offers a combination of moves in the shallow or deep water to build strength and endurance.

SILVERSPLASH: Tuesdays, 4:15-5 PM & Thursdays, 11:15 AM-noon

This class involves lots of fun & shallow water moves to improve agility, flexibility, & cardiovascular endurance. No swimming ability required.

AQUA BOOTCAMP: Wednesdays, 10:45-11:30 AM, Thursdays, 5:30-6:30 PM, Saturdays, 8-8:45 AM & Sundays, 9:30-10:30 AM

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

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 for All Levels

Registration Information:
(330) 867-7850 or www.ShawJCC.org

Outdoor Pool 2018 Season

Saturday, May 26 through
Monday, September 3
11 a.m.–7:45 p.m.
Weather Permitting

