

# June-August 2018 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 a.m. 4 Lap & 2 Open Lanes	5:30-9 a.m. 4 Lap & 2 Open Lanes	5:30-9 a.m. 4 Lap & 2 Open Lanes	5:30-9 a.m. 4 Lap & 2 Open Lanes	5:30-9 a.m. 4 Lap & 2 Open Lanes	7-8 a.m. 4 Lap & 2 Open Lanes	7-9 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.							
7:00-7:30 a.m.							
7:30-8:00 a.m.							
8:00-8:30 a.m.							
8:30-9 a.m.							
9-9:30 a.m.	9-11:45 a.m. 2 Lap & 1 Open Lanes Camp 3 Lanes	9-11:45 a.m. 2 Lap & 1 Open Lanes Camp 3 Lanes	9-11:45 a.m. 2 Lap & 1 Open Lanes Camp 3 Lanes	9-11:15 a.m. 2 Lap Lanes, 1 Open Lane & Camp 3 Lanes	9-11:45 a.m. 3 Lap & 3 Open Lanes	9 a.m.-noon 2 Adult Lap Lanes Open, No Open Swim	9-5:30 p.m. 3 Lap & 3 Open Lanes
9:30-10:00 a.m.							
10:00-10:30 a.m.							
10:30-11:00 a.m.							
11:00-11:30 a.m.							
11:30 a.m.-Noon							
Noon-12:30 p.m.							
12:30-1:00 p.m.							
1:00-1:30 p.m.							
1:30-2:00 p.m.							
2:00-2:30 p.m.							
2:30-3 p.m.							
3-3:30 p.m.	3-5 p.m. 3 Lap & 3 Open Lanes	3-6 p.m. 3 Lap & 3 Open Lanes	3-5 p.m. 3 Lap & 3 Open Lanes	3-5:30 p.m. 3 Lap & 3 Open Lanes	3-5:30 p.m. 3 Lap & 3 Open Lanes	Noon-5:30 p.m. 3 Lap & 3 Open Lanes	
3:30-4 p.m.							
4-4:30 p.m.							
4:30-5 p.m.							
5-5:30 p.m.	5-7:45 p.m. 3 Adult Lap Lanes 3 Lanes Swim Lessons	6-7 p.m. 2 Open & 1 Lap Lanes	5-7:45 p.m. 3 Adult Lap Lanes 3 Lanes Swim Lessons	5:30-6:30 p.m. 1 Lap & 2 Open Lanes	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.  Outdoor Pool Hours Daily Open Swim 11 a.m.-7:45 p.m. Lap Swim, Sundays-Fridays, 10 a.m.-noon  Text @ShawJCC to 81010 for class cancellations & aquatics updates.		
5:30-6:00 p.m.							
6:00-6:30 p.m.							
6:30-7:00 p.m.							
7:00-7:30 p.m.							
7:30-8:00 p.m.							
8:00-8:30 p.m.							
8:30-9 p.m.	Indoor Pool Closes at 8:30 p.m.						

## Water Fitness Classes (Free for members) *effective through June 30th*

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)		8-8:45 a.m. Aqua Bootcamp Peach (Outdoors)	
	4:15-5 p.m. SilverSplash Christine	10:45-11:30 a.m. Aqua Bootcamp Trent (Outdoors)	11:15 a.m.-noon SilverSplash Lori	<b>Upcoming Events at the Pools:</b> <b>American Red Cross Swim Lessons:</b> Start June 9 for all levels! <b>American Red Cross Lifeguard Course:</b> June 11-15 <b>American Red Cross Lifeguard Course:</b> June 25-29 <b>J Splash Movie Night:</b> Saturday, June 30 at the Outdoor Pool <b>Home Swim Meets:</b> June 19, June 26 & July 10 Outdoor Pool Closes at 5 p.m. for the swim meet Group exercise will be inside on swim meet nights.		
	6-7 p.m. Aqua Fit Annette (Indoors for Swim Meets)		5:30-6:30 p.m. Aqua Bootcamp Peach/Trent (Outdoors)			

# Aquatic Class Descriptions

**WATER WERKS:** Monday through Thursday mornings at 9–10 a.m.

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 6–7 p.m.

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

**SILVERSPLASH:** Tuesday 4:15–5 p.m. & Thursdays 11:15 a.m.–noon

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

**AQUA BOOTCAMP:** Wednesday 10:45–11:30 a.m. & Thursdays 5:30–6:30pm & Saturday 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.

## 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](http://www.ShawJCC.org)

### Outdoor Pool 2018 Season

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

