

March 2019 Water Fitness & Pool Schedule

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6 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	7-9:30 a.m. 4 Lap & 2 Open Lanes
5:30-6 a.m.							
6-6:30 a.m.							
6:30-7 a.m.							
7-7:30 a.m.							
7:30-8 a.m.							
8-8:30 a.m.							
8:30-9 a.m.							
9-9:30 a.m.	9-10 a.m. 2 Lap & 1 Open Lanes	9-11:30 a.m. 2 Lap & 1 Open Lanes ECE Swim Lessons	9-10:45 a.m. 2 Lap & 1 Open Lanes ECE Swim Lessons, 9-11:30 a.m.	9 a.m.-Noon 2 Lap & 1 Open Lanes	9 a.m.-4:30 p.m. 3 Lap & 3 Open Lanes	9 a.m.-Noon 2 Adult Lap Lanes Swim Lessons 9-11:15 a.m. No Open Swim	9:30-10:30 a.m. 2 Lap & 1 Open Lanes
9:30-10 a.m.							
10-10:30 a.m.	10 a.m.-5 p.m. 3 Lap & 3 Open Lanes	11:30 a.m.-1 p.m. 3 Lap & 3 Open Lanes	10:45-11:30 a.m. 3 Adult Lap Lanes Open	Noon-1 p.m. 4 Lap & 2 Open Lanes	3:30-5:30 p.m. 3 Lap & 3 Open Lanes	Noon-5:30 p.m. 3 Lap & 3 Open Lanes	10:30 a.m.-5:30 p.m. 2 Lap & 4 Open Lanes
10:30-11 a.m.							
11-11:30 a.m.							
11:30 a.m.-Noon							
Noon-12:30 p.m.							
12:30-1 p.m.							
1-1:30 p.m.							
1:30-2 p.m.							
2-2:30 p.m.							
2:30-3 p.m.							
3-3:30 p.m.							
3:30-4 p.m.							
4-4:30 p.m.							
4:30-5 p.m.	5-7:15 p.m. Swim Lessons	5-6 p.m. 3 Open Lanes	5-7:15 p.m. Swim Lessons No Open Swim 5-7:15 p.m. Swim Team 5:00-6:30p.m. Adult Lap Swim Starting March 11	6-7:30 p.m. 1 Open & Swim Team. 4/5 Lanes Swim Team ends March 9	4:30-5:30 p.m. 2 Lap Lanes Open Swim Team 4 Lanes	Pool Closes at 5:30 PM	
5-5:30 p.m.							
5:30-6 p.m.	No Open Swim 5-7:15 p.m. Swim Team 5:00-6:30p.m. Adult Lap Swim Starting March 11	6-7:30 p.m. 1 Open & Swim Team. 4/5 Lanes Swim Team ends March 9	5-7:15 p.m. Swim Lessons No Open Swim 5-7:15 p.m. Swim Team 5:00-6:30p.m. Adult Lap Swim Starting March 11	6-7:30 p.m. 1 Open & Swim Team. 4/5 Lanes Swim Team ends March 9	4:30-5:30 p.m. 2 Lap Lanes Open Swim Team 4 Lanes	Pool Closes at 5:30 PM	
6-6:30 p.m.							
6:30-7 p.m.	7:15-8:30 p.m. 3 Lap & 3 Open Lanes	7:30-8:30 p.m. 3 Lap & 3 Open Lanes	7:15-8:30 p.m. 3 Lap & 3 Open Lanes	7:30-8:30 p.m. 3 Lap & 3 Open Lanes	4:30-5:30 p.m. 2 Lap Lanes Open Swim Team 4 Lanes	Pool Closes at 5:30 PM	
7-7:30 p.m.							
7:30-8 p.m.	7:15-8:30 p.m. 3 Lap & 3 Open Lanes	7:30-8:30 p.m. 3 Lap & 3 Open Lanes	7:15-8:30 p.m. 3 Lap & 3 Open Lanes	7:30-8:30 p.m. 3 Lap & 3 Open Lanes	4:30-5:30 p.m. 2 Lap Lanes Open Swim Team 4 Lanes	Pool Closes at 5:30 PM	
8-8:30 p.m.							
8:30-9 p.m.	Pool Closes at 8:30 PM						
Pool Hours: Mondays-Thursday, 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. <i>Text @ShawJCC to 81010 for class cancellations & aquatics updates.</i>							

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 a.m. Water Werks Elaine	9-10 a.m. Water Werks Elaine	9-10 a.m. Water Werks Elaine	9-10 a.m. Water Werks Elaine	9-10 a.m. Water Werks Elaine	8-8:45 a.m. Aqua Bootcamp Peach	
		10:45-11:30 a.m. Aqua Bootcamp Trent	11:15 a.m.-12 p.m. SilverSplash Lori	Upcoming Events at the Pool: Swim Team ends March 9 and will return in June; American Red Cross Swim Lessons start Saturdays, March 9 and Mondays, March 25; Stroke Clinics start Tuesdays & Thursdays in April; and Red Cross CPR Course: March 17, noon-4 p.m.		
			5:30-6:30 p.m. Aqua Bootcamp Peach/Trent			

Aquatic Class Descriptions

WATER WERKS: Monday through Thursday 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. Aqua Bells & boards used. Class can be done in shallow and/or deep water. (All levels)

AQUA BOOT CAMP: Wednesday 10:45-11:30 a.m., Thursdays 5:30-6:30 p.m. and Saturday 8:00–8:45 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): Tuesdays at 4:15-5:00pm, Thursdays 11:15-12:00pm

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. Visit www.shawjcc.org
or call 330-867-7850.



Shaw JCC
Akron