

Nov./Dec. 2018 Water Fitness & Pool Schedule

Lane & Open Swim Schedule <i>effective through December 31</i>							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00 a.m.	5:30-9:00 a.m. 4 Lap & 2 Open Lanes	5:30-9:00 a.m. 4 Lap & 2 Open Lanes	5:30-9:00 a.m. 4 Lap & 2 Open Lanes	5:30-9:00 a.m. 4 Lap & 2 Open Lanes	5:30-9:00 a.m. 4 Lap & 2 Open Lanes	7:00-8:00 a.m. 4 Lap & 2 Open Lanes	7:00-9:30 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.	9:00-10:00 a.m. 2 Lap & 1 Open Lanes	9:00-11:30 a.m. 2 Lap & 1 Open Lanes ECE Swim Lessons	9:00-10:45 a.m. 2 Lap & 1 Open Lanes ECE Swim Lessons, 9-11:30 a.m.	9:00 a.m.-Noon 2 Lap & 1 Open Lanes	9:00 a.m.- 4:30 p.m. 3 Lap & 3 Open Lanes	9:00 a.m.-Noon 2 Adult Lap Lanes Swim Lessons 9:00-11:15 a.m. No Open Swim	9:30-10:30 a.m. 2 Lap & 1 Open Lanes 10:30 a.m.-5:30 p.m. 2 Lap & 4 Open Lanes
8:30-9:00 a.m.							
9:00-9:30 a.m.							
9:30-10:00 a.m.							
10:00-10:30 a.m.							
10:30-11:00 a.m.							
11:00-11:30 a.m.	10:00 a.m.-5:00 p.m. Lap & 3 Open Lanes	11:30 a.m.-1:00 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	Noon-5:30 p.m. 3 Lap & 3 Open Lanes	Noon-5:30 p.m. 3 Lap & 3 Open Lanes	9:30-10:30 a.m. 2 Lap & 1 Open Lanes 10:30 a.m.-5:30 p.m. 2 Lap & 4 Open Lanes
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.	5:00-7:15 p.m. Swim Lessons No Open Swim 5:00-6:30 p.m. Swim Team No Open Lap Swim	3:30-4:15 p.m. 3 Lap & 3 Open Lanes	11:30 a.m.-4:30 p.m. 2 Lap & 4 Open Swim Lanes	1:00-3:30 p.m. 2 Lap & 1 Open Lanes Lipp.m.an Swim Lessons	3:30-5:30 p.m. 3 Lap & 3 Open Lanes	4:30-5:30 p.m. 2 Lap Lanes Open Swim Tea.m. 4 Lanes	Pool Closes at 5:30 p.m.
2:30-3:00 p.m.							
3:00-3:30 p.m.							
3:30-4:00 p.m.							
4:00-4:30 p.m.							
4:30-5:00 p.m.							
5:00-5:30 p.m.	7:15-8:30 p.m. 3 Lap & 3 Open Lanes	6:00-7:30 p.m. 2 Open & Swim Team 4 Lanes	5:00-7:15 p.m. Swim Lessons No Open Swim 5:00-6:30 p.m. Swim Team No Open Lap Swim	5:30-6:00 p.m. 2 Open & 6:00-7:30 p.m. Swim Team 4 Lanes	6:00-7:30 p.m. Swim Team 4 Lanes	6:00-7:30 p.m. Swim Team 4 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. Thanksgiving Hours: Nov 22 & 23 - Facility Open 8 a.m. - 1 p.m. (Pool closes at 12:30 p.m.) Text @ShawJCC to 81010 for class cancellations &
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.	Pool Closes at 8:30 p.m.	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	7:30-8:30 p.m. 3 Lap & 3 Open Lanes	7:30-8:30 p.m. 3 Lap & 3 Open Lanes	
8:30-9:00 p.m.							

Water Fitness Classes (Free for members) <i>effective through December 31st</i>						
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		8-8:45 a.m. Aqua Bootcamp Peach	9:30-10:30 a.m. Aqua Bootcamp Peach
	4:15-5 p.m. SilverSplash Christine	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 Mon/Weds Evenings 5:00-6:30pm Tues/Thurs Evenings 6:00-7:30 pm & Fri 4:30-5:30 pm. They will be using 4/5 lanes. Home Swim Meets: Nov. 29th & Dec. 13th & Jan 22nd Swim Lessons Starts: Mon/Weds evenings Nov. 26th and Sat. mornings Nov. 17th		
	6:30-7:30 p.m. Aqua Fit Annette		5:30-6:30 p.m. Aqua Bootcamp Peach/Trent			

Aquatic Class Descriptions

WATER WERKS: Monday through Thursday at 9:00-10:00am

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 &/ or deep water. (All levels)

AQUA FIT: Tuesdays 6:00–7:00pm

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

AQUA BOOT CAMP: Wednesday 10:45-11:30am, Thursdays 5:30-6:30pm, Saturday 8:00–8:45am & Sundays 9:30-10:30am

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

SILVER SNEAKERS (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 Here

