

# October 2019 Water Fitness & Pool Schedule

Indoor Pool Lap Lane & Open Swim Schedule <i>effective through Oct. 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	5:30-9:30 AM 4 Lap & 2 Open Lanes	5:30-9:00 AM 4 Lap & 2 Open Lanes	5:30-9:30 AM 4 Lap & 2 Open Lanes	5:30-9:00 AM 4 Lap & 2 Open Lanes						
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	9:00-10:00 AM 2 Lap & 1 Open Lanes	9:00-11:30 AM 2 Lap & 1 Open Lanes ECE Swim Lessons	10:45-11:30 AM 3 Adult Lap Lanes Open	9:00-11:30 AM 2 Lap & 1 Open Lanes ECE Swim Lessons	9:00 AM- 4:00 PM 3 Lap & 3 Open Lanes	7:00-8:30 AM 4 Lap & 2 Open Lanes	7:00-9:30 AM 4 Lap & 2 Open Lanes				
9:00-9:30 AM						8:30-9:15 AM 3 Lap Lanes Open					
9:30-10:00 AM						10:00 AM-5:00 PM 3 Lap & 3 Open Lanes	ECE Swim Lessons	11:30 AM-4:30 PM 2 Lap & 4 Open Swim Lanes	11:30-1 PM 4 Lap & 2 Open Lanes	9:30-11:45 AM 2 Adult Lap Lanes, No Open Swim for Swim Lessons	9:30-10:30 AM 2 Lap & 1 Open Lane 10:30 AM-5:30 PM 2 Lap & 4 Open Lanes
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	11:30-1:00 PM 3 Lap & 3 Open Lanes	1:00-3:00 PM 2 Lap & 1 Open Lanes Lippman Swim Lessons	1:00-3:00 PM 2 Lap & 1 Open Lanes Lippman Swim Lessons	1:30-3:30 PM 2 Lap & 1 Open Lanes Lippman Swim Lessons	Noon-5:30 PM 3 Lap & 3 Open Lanes						
1:00-1:30 PM											
1:30-2:00 PM											
2:00-2:30 PM											
2:30-3:00 PM											
3:00-3:30 PM											
3:30-4:00 PM	3:00-5:00 PM 3 Lap & 3 Open Lanes	3:00-5:00 PM 3 Lap & 3 Open Lanes	3:30-5:30 PM 3 Lap & 3 Open Lanes	4:00-5:30 PM 2 Lap Lanes Open	Pool Closes at 5:30 PM						
3:30-4:00 PM											
4:00-4:30 PM											
4:30-5:00 PM											
5:00-5:30 PM											
5:30-6:00 PM											
6:00-6:30 PM	5:00-7:15 PM 2 Adult Lap Lanes No Open Swim for Swim Lessons	6:00-7:00 PM 2 Open & 1 Lap Lanes	5:00-7:15 PM 2 Adult Lap Lanes No Open Swim for Swim Lessons	5:30-6:30 PM 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.  Text @ShawJCC to 81010 for class cancellations & aquatics updates.						
6:30-7:00 PM											
7:00-7:30 PM											
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 Oct. 31st</i>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 am Water Werks Elaine	9-10 am Water Werks Elaine	9-10 am Water Werks Elaine	9-10 am Water Werks Elaine	9-10 am Water Werks Elaine	8:30-9:15 am Aqua Bootcamp Peach	
<b>Facility Closings &amp; Holiday Hours</b> <b>Upcoming Holidays &amp; Facility Closings:</b> <b>Sunday, Sept. 29:</b> Erev Rosh Hashanah, Building will close at 3 p.m. <b>Monday, Sept. 30:</b> Rosh Hashanah, Building closed <b>Tuesday, Oct 1:</b> Rosh Hashanah, Building closed <b>Tuesday, Oct 8:</b> Erev Yom Kippur, Building will close at 3 p.m. (including ECE & SACC) <b>Wednesday, Oct 9:</b> Yom Kippur, Building closed			5:30-6:30 pm Aqua Bootcamp Peach	<b>Aquatics Programming at the Indoor Pool</b> <b>Swim Lessons for all levels, Mondays &amp; Wednesdays, Oct. 14-Nov. 6</b> <b>Stroke Clinics - Oct. 15, 17, 22, 24 &amp; 29 (2 lanes closed 5:30-7 p.m. on these dates)</b> <b>Stingrays Swim Team - Mondays-Fridays, Nov. 4-7 Mar. 7; Sign up today!</b>		

# 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 BOOTCAMP:** Thursdays, 5:30-6:30 p.m. and Saturdays, 8:30-9:15 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.
22. Water Gun Policy: Please be respectful of other members. You may be asked to not use water guns during busy periods or if the use interferes with the enjoyment of other members.



### Swim Lessons Offered Here

Call today to register  
(330) 867-7850

### Indoor Pool Closed

Aug. 26-Sept. 8 for maintenance and cleaning, Sept. 29 at 3 pm, all day Sept. 30 & Oct. 1, Oct. 8 at 3 pm and all day Oct. 9.



Shaw JCC  
Akron