

# JANUARY SCHEDULE

# INDOOR POOL SCHEDULE

## MONDAY

6:00-8:15a  
6 LANES

8:15-10:30a  
3 LANES

10:30a-11:30p  
2 LANES

11:30am-12:15pm  
3 LANES

12:15pm-1:45pm  
6 LANES

1:45-3:30pm  
4 LANES

3:30pm-5:00pm  
1 LANE

5:00pm-6:00pm  
POOL CLOSED

6:00-7:30pm  
1 LANE

## TUESDAY

POOL WILL OPEN AT  
7:30AM in January

7:30-9:00a  
6 LANES

9:00-12:00p  
3 LANES

12:00pm-3:30pm  
6 LANES

3:30pm-7:30pm  
POOL CLOSED

## WEDNESDAY

6:00-8:15a  
6 LANES

8:15-10:30a  
3 LANES

10:30a-12:15p  
2 LANES

12:15pm-2:30pm  
6 LANES

2:30-3:30pm  
4 LANES

3:30pm-5:00pm  
1 LANE

5:00pm-6:00pm  
POOL CLOSED

6:00-7:30pm  
1 Lap Lane

## THURSDAY

6:00-9:00a  
6 LANES

9:00a-12:00p  
3 LANES

12:00pm-1:15pm  
6 LANES

1:15-2:15pm  
4 LANES

2:15pm-5:00pm  
1 LANE

5:00pm-6:00pm  
POOL CLOSED

6:00-7:30pm  
1 Lap Lane

## FRIDAY

6:00-8:15a  
6 LANES

8:15-10:30a  
3 LANES

10:30a-12:00p  
3 LANES

12:00pm-2:00pm  
6 LANES

2:00-3:30pm  
4 LANES

3:30-4:45pm  
3 LANES

3 LANES  
(Open Swim)

## SATURDAY

8:00am-9:00a  
6 LANES

9:00-12:00p  
3 LANES

12:00-3:30p  
3 LANES  
(Open Swim)

## SUNDAY

8:00am-9:30a  
6 LANES

9:30-11:00a  
2 LANES

11:00-3:30a  
3 LANES

3 LANES  
(Open Swim)

### KEY

PURPLE = Open/Family Swim

BLUE = First-come, first serve lap swim  
(circle swim)

\*\*During peak times you may be asked to limit  
your swim to 30 minutes

### Pool Closures / Upcoming Aqua Programs

(Please note lane/pool usage at these times)

1/8: SVSM/OLE Swim Meet: Pool will close 3:30p  
 1/21: Swim & A Story - 1:00p-2:30p (3 Lanes)  
 1/23: Pop Up Aquatic Fitness Class - 8:30a-9:15a (3 Lanes)  
 1/27: JCC Stingrays Swim Meet 1/27 Pool will close at 10:45am  
 1/31: SVSM/OLE Swim Meet: Pool will close at 3:30p

### IMPORTANT

### Recent Change

As of December 11th, we are no longer offering lap swim reservations. All swim lanes will be first-come, first-serve lap swim (circle swim if needed). We will still provide a schedule to show pool availability. Please contact Vickey with any questions - [vsyme@shawjcc.org](mailto:vsyme@shawjcc.org).

Additionally, as of December 11th, we will no longer be using the "My J" app. We will continue to offer class reservations through a new app called "My Akron J". For more information, please go to [shawjcc.org/my-akron-j](http://shawjcc.org/my-akron-j)

Please be patient with us as we make this change. Thank you.



# Pool Rule Reminders

Children under the age of 6 years old must have a parent/guardian in the water with them at all times.

## Wristband Policy

- All children 6-15 years of age must wear a swim band. Swim bands are available at the fitness desk.
- **YELLOW** swim bands indicate the child has not taken and/or passed a deep-water swim test\*. Swimmers with a YELLOW swim band are permitted in the shallow area only, which is marked by lifelines and large black line on the pool liner.
- **GREEN** swim bands indicate the child has taken and passed the deep-water swim test\*. Swimmers with a GREEN swim band are permitted in all areas of the pool.
- At the lifeguard's discretion, any swimmer may be asked to "take a break in the shallow end" and/or retake the deep end swim test at any time.

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## \* Deep Water Swim Test Requirements

- Swim 1 length of pool (25 yards), front crawl with face in water, breathing without hesitation and above water arm recovery.
- Jump in the deep end and resurface.
- Tread water for 30 seconds.
- Float on back and go from floating position to prone/standing position.

## Deep Water Swim Testing

- A lifeguard may give the swim test:
- When there are two lifeguards on duty AND pool lane space is available.
- When indicated on the pool schedule during swim lesson testing times.
- Upon appointment with the Aquatic Director.

