

INDOOR POOL SCHEDULE

FEBRUARY 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
3 LANES
(Open Swim)

SUNDAY

8:00am-9:30a
6 LANES

9:30-11:00a
1 LANE

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)

2/3: Stingrays Swim Meet: Pool will close 11:15am

2/18: Family Event - 1:00p-2:30p: No lap lanes available

2/20: Aqua Fitness Pop-Up - 8:30-9:15am (3 Lanes)

2/24: Stingrays Swim Meet: Pool will close 11:15am

The hot tub IS NOT open during swim meets.

Aqua Fitness Pop-Up: Noodlez OoF!

Tuesday February 20
8:30am-9:15am

A shallow water workout using noodles.
Sign up on the My Akron J app.

Swim Lesson Schedule

Saturday 9:00 am-11:00am
Wednesday 10:45am-11:15am
Wednesday 11:30am-12:30am
Wednesday 5:00pm-6:15pm
Thursday 5:00pm-5:30pm
Arthritis class M/W 11:30a-12:15p

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.



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.

* 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.

