

INDOOR POOL SCHEDULE

MARCH 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

5 LANES

5:00pm-6:00pm

(March 4 ONLY)

POOL CLOSED

6:00-7:30pm

(March 4 ONLY)

1 LANE

5:00pm-7:30pm

(After March 4)

5 LANES

TUESDAY

POOL WILL OPEN AT
7:30AM in March

7:30-9:00a

6 LANES

9:00-12:00p

3 LANES

12:00pm-3:30pm

6 LANES

3:30pm-5:00pm

4 LANES

5:00pm-7:30pm

(March 5 ONLY)

POOL CLOSED

5:00pm-7:30pm

(After March 5)

4 LANES

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

5 LANES

5:00pm-6:00pm

(March 6 ONLY)

POOL CLOSED

6:00-7:30pm

(March 6 ONLY)

1 LANE

5:00pm-6:30pm

(After March 6)

3 LANES

6:30pm-7:30pm

(After March 6)

5 LANES

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-3:30pm

1 LANE

3:30-5:00pm

5 LANES

5:00pm-6:00pm

(March 7 ONLY)

POOL CLOSED

6:00-7:30pm

(March 7 ONLY)

1 LANE

5:00-5:30pm

(After March 7)

3 LANES

5:30-6:30pm

(After March 7)

2 LANES

6:30-7:30pm

(After March 7)

5 LANES

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

BLUE = First-come, first serve
lap lanes available

PURPLE = Open/Family Swim

****Please limit your lap swimming to
45 min-1 hour to allow other
members a chance to swim.**

Swim Lesson Schedule

Saturday 9:00 am-11:00am

Wednesday 10:45am-11:15am, 5:00pm-6:15pm

Thursday 5:00pm-5:30pm, 6:15-6:30pm

Arthritis class M/W 11:30a-12:15p

Aqua Pop-Up Class:

The Power of Ohm

Turbulence Training

March 26 - 8:30-9:15am

Reserve on the My Akron J app.



Upcoming Aqua Programs / Pool Closures

(Please note lane/pool usage at these times)

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

3/10: Family Flick & Float - 1:00p-2:30p: No lap lanes available

3/26: Aqua Fitness Pop-Up - 8:30-9:15am (3 Lanes)

The hot tub **IS NOT** open during swim meets.



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.

