

April 2018 Water Fitness & Pool Schedule

Lane & Open Swim Schedule *effective through April 30th*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30-6:00 AM	5:30-9 AM 4 Lap & 2 Open Lanes	5:30-9 AM 4 Lap & 2 Open Lanes	5:30-9 AM 4 Lap & 2 Open Lanes	5:30-9 AM 4 Lap & 2 Open Lanes	5:30-9 AM 4 Lap & 2 Open Lanes			
5:30-6:00 AM								
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								
9:00-9:30 AM	9-10 AM 2 Lap & 1 Open Lanes	9-11:30 AM 2 Lap & 1 Open Lanes ECE Swim Lessons	9-10:45 AM 2 Lap & 1 Open Lanes ECE Swim Lessons, 9-11:30 AM	9 AM-noon 2 Lap & 1 Open Lanes	9 AM-4 PM 3 Lap & 3 Open Lanes	9 AM-noon 2 Adult Lap Lanes Open, No Open Swim	7-9 AM 4 Lap & 2 Open Lanes	
9:30-10:00 AM								
10:00-10:30 AM	10 AM-5 PM 3 Lap & 3 Open Lanes	11:30 AM-1 PM 3 Lap & 3 Open Lanes	10:45-11:30 AM 3 Adult Lap Lanes Open	Noon-1 PM 4 Lap & 2 Open Lanes	9 AM-4 PM 3 Lap & 3 Open Lanes	9 AM-5:30 PM 2 Lap & 4 Open Lanes		
10:30-11:00 AM								
11:00-11:30 AM		1-3:30 PM 1 Lap & 2 Open Lanes Lippman Swim Lessons	11:30 AM-4:30 PM 2 Lap & 4 Open Swim Lanes	1-3:30 PM 1 Lap & 2 Open Lanes Lippman Swim Lessons	3:30-5:30 PM 3 Lap & 3 Open Lanes	Noon-5:30 PM 3 Lap & 3 Open Lanes		
11:30 AM-Noon								
Noon-12:30 PM		3:30-4:15 PM 3 Lap & 3 Open Lanes	4:15-5 PM 2 Lap & 1 Open Lanes	3:30-5:30 PM 3 Lap & 3 Open Lanes	4-5:30 PM 2 Lap Lanes Open			
12:30-1:00 PM								
1:00-1:30 PM		5-6 PM 3 Open Lanes	6-7 PM 2 Open & 1 Lap Lanes	5-6:30 PM 2 Adult Lap Lanes 5-7:30 PM	5:30-6:30 PM 1 Lap & 2 Open Lanes	Pool Closes at 5:30 PM		
1:30-2:00 PM								
2:00-2:30 PM		5-7:30 PM 2 Adult Lap Lanes	6-7 PM 2 Open & 1 Lap Lanes	5-6:30 PM 2 Adult Lap Lanes 5-7:30 PM	5:30-6:30 PM 1 Lap & 2 Open Lanes	Pool Closes at 5:30 PM		
2:30-3:00 PM								
3:00-3:30 PM		7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	Pool Closes at 5:30 PM		
3:30-4:00 PM								
4:00-4:30 PM	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	Pool Closes at 5:30 PM			
4:30-5:00 PM								
5:00-5:30 PM	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	Pool Closes at 5:30 PM			
5:30-6:00 PM								
6:00-6:30 PM	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	Pool Closes at 5:30 PM			
6:30-7:00 PM								
7:00-7:30 PM	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	Pool Closes at 5:30 PM			
7:30-8:00 PM								
8:00-8:30 PM	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	7:30-8:30 PM 3 Lap & 3 Open Lanes	Pool Closes at 5:30 PM			
8:30-9:00 PM								
Pool Closes at 8:30 PM								

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.

Water Fitness Classes (Free for members) *effective through April 30th*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 am WaterWerks Elaine	9-10 am WaterWerks Elaine	9-10 am WaterWerks Elaine	9-10 am WaterWerks Elaine		8-8:45 am Aqua Bootcamp Peach	
		10:45-11:30 am Aqua Bootcamp Trent	11:15 am-noon SilverSplash Lori	Upcoming Events at the Pool: Stroke Clinics Tues/Thurs Evenings 5:30-7 pm. April 10, 12, 17, 19 & 24 They will be using 2 lanes. Indoor Pool Closing Early on Sunday, April 16 at 4 pm for a Shlichim event. Outdoor Pool opening on Saturday, May 26 weather permitting.		
	4:15-5 pm SilverSplash Christine		5:30-6:30 pm Aqua Bootcamp Peach/Trent			
	6-7 pm Aqua Fit Annette					

Aquatic Class Descriptions

WATERWERKS: Mondays through Thursdays, 9-10 a.m.

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, 6-7 p.m.

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

AQUA BOOTCAMP: Wednesdays, 10:45 am-11:30 am & Thursdays, 5:30 pm-6:30 pm & Saturdays, 8-8:45 am

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

SILVERSNEAKERS (SILVERSPLASH): Tuesdays, 4:15-5 pm

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.

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

