

Sept./Oct. 2019 Water Fitness & Pool Schedule

Indoor Pool Lap Lane & Open Swim Schedule *effective through Oct. 31st*

| 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 | | | | | | |
| 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 | 9:00-10:00 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 | | | | |
| 9:30-10:00 AM | 10:00 AM-5:00 PM Lap & 3 Open Lanes | | | | | 8:30-9:15 AM 3 Lap Lanes Open | | | | | |
| 10:00-10:30 AM | 11:30-1:00 PM 3 Lap & 3 Open Lanes | | | | | 11:30-1:00 PM 3 Lap & 3 Open Lanes | 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 | |
| 10:30-11:00 AM | | | | | | | | | | | |
| 11:00-11:30 AM | | | | | | | | | | | |
| 11:30 AM-Noon | | | | | | | | | | | |
| Noon-12:30 PM | | | | | | | | | | | |
| 12:30-1:00 PM | | | | | | | | | | | |
| 1:00-1:30 PM | | | | | | | | | | | |
| 1:30-2:00 PM | | | | | | | | | | | |
| 2:00-2:30 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 | 3:30-5:30 PM 3 Lap & 3 Open Lanes | Noon-5:30 PM 3 Lap & 3 Open Lanes | | | | | | |
| 2:30-3:00 PM | | | | | | | | | | | |
| 3:00-3:30 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 | Pool Closes at 5:30 PM | | | | | | |
| 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 | | | | | | | | | | | |

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 & aquatic updates.

Water Fitness Classes (Free for members) *effective through Oct. 31st*

| 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 | |
| | | | 5:30-6:30 pm Aqua Bootcamp Peach | <p>Upcoming Events at the Pool: Stroke Clinics Tuesday & Thursday Evenings, 5:30-7 pm. Oct. 15, 17, 22, 24 & 29 - two lanes will be utilized. 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. Swim Lessons Start Sept. 9 - Monday & Wednesday evenings; Sept. 14 - Saturday mornings Late Oct/Nov. Swim teams start 3:30-7 pm 2-3 lanes</p> | | |

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