



# SUMMER 2025

## MARCIA & STANLEY F. REITER SWIMMING POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:10am 5-Lap/1-Water Walking	5:30-9:10am 5-Lap/1-Water Walking	5:30-9:10am 5-Lap/1-Water Walking	5:30-9:10am 5-Lap/1-Water Walking	5:30-8:30am 5-Lap/1-Water Walking	7:00-9:00am 5-Lap/1-Water Walking	7:00-9:00am 5-Lap/1-Water Walking
9:15-10:00am 4-Water Aerobics/2-Lap	9:15-10:00am 4-Water Aerobics/2-Lap	9:15-10:00am 4-Water Aerobics/2-Lap	9:15-10:00am 4-Water Aerobics/2-Lap	8:30-11:15am 4-Lap/Water Walking/ 1-Swim Lessons*	9:00-10:00am 4-Lap/2-Swim Lessons*	9:00-10:00am 4-Lap/1-Swim Lessons*/1-Water Walking
10:00-12:15pm 4-Lap/Water Walking/ 2-Beverly Levy Swim*	10:05-11:00pm 4-Lap/1-Water Walking/ 1-Allie's Dream*	10:15-11:00am 3-Water Aerobics/3-Lap	10:00-12:15pm 4-Lap/Water Walking/ 2-Beverly Levy Swim*	11:15-12:00pm 4-Aqua Fitness/2-Lap	10:00-1:45pm 3-Lap/2-Family Swim/ 1-Swim Lessons*	10:00-1:45pm 3-Lap/3-Family Swim
12:15-3:30pm 5-Lap/1-Water Walking	11:00-4:00pm 5-Lap/1-Water Walking	11:00-4:00pm 5-Lap/1-Water Walking	12:15-3:55pm 5-Lap/1-Water Walking	12:00-3:00pm 5-Lap/1-Water Walking		
3:30-6:00pm 2-Lap/1-Family Swim/ 3-Swim Lessons*		4:00-6:30pm 2-Lap/ 4-Swim Lessons*		4:00-5:30pm 2-Lap/4-Group Lessons*	3:00-5:15pm 3-Lap/2-Family Swim/1- Swim Lessons*	
	4:00-5:30pm 4-Lap/1-Water Walking/ 1-Swim Lessons*	6:30-8:00pm 4-Lap/2-Swim Lessons*	5:30-8:45pm 5-Lap/1-Water Walking		If Water Aerobics has more than 40 participants, 5 lanes will be utilized  Schedule Effective: Friday, July 4th - Monday, September 1st  Pool Schedule Subject to Change Flip schedule over for holiday hours and pool rules Email: Swim@jccnh.org with any questions!	
6:00-7:15pm 3-Lap/ 3-Adult Lessons*	5:30-8:45pm 5-Lap/1-Water Walking			8:00-8:45pm Women's Only		
7:15-8:45pm 3-Lap/2-Adult Lessons*/1- Chapel Haven*						

Pool schedule subject to change (lightning/thunder: pool must close until 20 minutes after last clap of thunder) for more information call (203) 387-2424 (welcome desk x0)

\*indicates paid program

Lap Swim	Water Aerobics	Family Swim	Swim Lessons*	Swim Team*	Masters Swim*	Women's Only
----------	----------------	-------------	---------------	------------	---------------	--------------



**July 4th: Open 8 AM - 12 PM**  
**Labor Day: September 1st Open 8 AM - 12 PM**

## **MARCIA AND STANLEY F. REITER SWIMMING POOL RULES**

### **ABSOLUTELY NO**

- Running on pool deck
- Diving
- Water Walking/ Family swim during group swim lessons
- Hanging or sitting on lane lines or railings
- Street clothes in pool

### **LAP LANE ETIQUETTE**

- Lap lanes are for lap swimmers only
- When entering a lane that is occupied, please be courteous and announce to the other swimmer that you are entering the lane with them.
- For 3 or more swimmers in a lane you will have to circle swim, down on the right side of the lane, and back on the left
- If you are asked to move lanes for a swim lesson, please be courteous and find another lane to swim in.

### **PARENTS PLEASE READ THE JCC RULES FOR YOUR CHILD/CHILDREN'S SAFETY**

- **Any child 9 years of age or younger must be accompanied in the water at all times by a parent/guardian 18 years of age or older.**
- One to two ratio for adults with non-independent swimmers.
- Shoulder length hair or longer must be tied back with a hair tie.
- Children who are not potty trained must wear a swim diaper and bathing suit.

**The lifeguard on duty will ensure safety and enforce the pool rules. If the pool rules are not being followed the lifeguard has the authority to ask the person/people to leave the pool area.**