



FALL 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	7:00-9:30am 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	8:30-11:10am 4-Lap/Water Walking/ 1-Swim Lessons*	9:00-11:00am 4-Lap/2-Swim Lessons*	9:30-11:00am 2-Lap/4-Swim Lessons*
10:05-12:05pm 4-Lap/Water Walking/ 2-Beverly Levy Swim*	10:00-4:00pm 5-Lap/1-Water Walking	10:15-11:00am 3-Water Aerobics/3-Lap	10:00-4:00pm 5-Lap/1-Water Walking	11:15-12:00pm 4-Aqua Fitness/2-Lap	11:00-12:30pm 2-Lap/2-Family Swim/ 2-Swim Lessons*	11:00-1:30pm Group Lessons*
12:05-3:30pm 5-Lap/1-Water Walking		11:00-4:00pm 5-Lap/1-Water Walking		12:05-3:00pm 5-Lap/1-Water Walking	12:30-3:45pm 2-Lap/2-Family Swim/ 2-Birthday Parties*	1:30-2:30pm 1-Lap/2-Family Swim/ 3-Swim Lessons*
3:30-5:30pm 3-Lap/1-Family Swim/ 2-Swim Lessons*	4:00-5:30pm 2-Lap/4-Group Lessons*	4:00-6:30pm 3-Lap/ 3-Swim Lessons*	4:00-5:30pm 2-Lap/4-Group Lessons*	3:00-5:30pm 4-Lap/2-Family Swim		2:30-3:45pm 3-Lap/2-Family Swim/ 1-Swim Lessons*
5:30-7:00pm Swim Team*	5:30-7:15pm Swim Team*	6:30-7:30pm Masters Swim*	5:30-7:15pm Swim Team*	<p>If Water Aerobics has more than 40 participants, 5 lanes will be utilized</p> <p>Schedule Effective: September 2nd - December 31st</p> <p>Pool Schedule Subject to Change Flip schedule over for holiday hours and pool rules Email: Swim@jccnh.org with any questions!</p>		
7:00-7:30pm 2-Lap/2-Swim Team*/ 2-Adult Lessons*	7:15-7:30pm 2-Lap/4-Swim Team*	7:30-8:00pm 5-Lap/1-Water Walking	7:15-7:30pm 2-Lap/4-Swim Team*			
7:30-8:45pm 3-Lap/2-Adult Lessons*/1-Chapel Haven*	7:30-8:45pm 5-Lap/1-Water Walking	8:00-8:45pm Women's Only	7:30-8:45pm 5-Lap/1-Water Walking			

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
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September 22nd: Closed at 3:00 PM

September 23rd: Closed

September 24th: Closed

October 1st: Closed at 3:00 PM

October 2nd: Closed

October 6th: Closed at 5:00 PM

October 7th: Closed

October 13th: Closed at 5:00 PM

October 14th: Closed

November 27th: 8:00 AM - 12:00 PM

December 24th: Closed at 3:00 PM

December 25th: 9:00 AM - 2:00 PM

December 31st: Closed at 3:00 PM

January 1st, 2026: 9:00 AM - 2:00 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.