



SPRING 2026

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*	9:00-11:00am 4-Lap/ 2-Swim Lessons*	9:00-11:00am 2-Lap/4-Swim Lessons*
10:00-12:15pm 4-Lap/Water Walking/ 2-Beverly Levy Swim*	10:00-3:55pm 5-Lap/1-Water Walking	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	11:00-12:30pm 2-Lap/2-Family Swim/ 2-Swim Lessons*	11:00-1:30pm Group Lessons*
12:15-3:30pm 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	12:30-3:45pm 2-Lap/2-Family Swim/ 2-Birthday Parties*	1:30-3:45pm 2-Lap/2-Family Swim/ 2-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*	3:00-5:15pm 4-Lap/2-Family Swim	<p style="text-align: center;">Lightning/Thunder: Pool must close until 20 minutes after last clap of thunder</p> <p style="text-align: center;">If Water Aerobics has more than 40 participants, 5 lanes will be utilized</p> <p style="text-align: center;">Pool Schedule Subject to change Flip schedule over for holiday hours and pool rules Email: Swim@jccnh.org with any questions</p>	
5:30-7:00pm Swim Team*	5:30-7:15pm Swim Team*	6:30-7:30pm Masters Swim*	5:30-7:15pm Swim Team*			
7:00-7:30pm 2-Lap/2-Swim Team* / 2-Adult Lessons*	7:15-7:30pm 3-Lap/3-Swim Team*	7:30-8:00pm 5-Lap/1-Water Walking	7:15-7:30pm 3-Lap/3-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			

*Indicates Paid/Private program

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

April 1st: Closed at 3:00 PM
April 2nd: Closed
April 3rd: Regular Hours
April 7th: Closed at 3:00 PM
April 8th: Closed
April 9th: Regular Hours

Shavuot:

May 21: Closed at 3:00 PM
May 22: Closed
May 23: Regular Hours

Memorial Day:

May 25: Open 8:00am-12:00pm

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

CIRCLE SWIMMING

- **Circle Swimming will be required in at least one lane during busy hours**

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.