

Aquatics Indoor Pool Schedule May 2012

The pool is divided in to Sections 1-6 by cones located on the diving blocks.
 (The section number is located on the cone and diving block)
 Our pool maintains a water temperature between 84 and 86 degrees in order to accommodate
 the many activities offered here at the Shaw JCC.

Monday

5:30 - 9:00 am Lap 1,2,5,6, Fitness Swim 3,4	4:00 - 6:00 pm Lessons 1,2,3,4 Lap 5,6
9:00 - 9:30 am Aqua Arthritis 5,6 Lessons 1,2 Lap 3,4	6:00 - 8:00 pm Stroke Clinic 5,6 Lap 3,4 Open 1,2
9:30 - 10:00 am Aqua Arthritis 5,6 Lessons 1,2 Lap 3,4	8:00 - 8:30 pm Lap 1,2,3,4 Open 5,6
10:00 - 11:00 am Lessons 1,2 Lap 3,4 Open 5,6	
11:00 am - 3:00 pm Open 5,6 Lap 1,2,3,4	
3:00 - 4:00 pm Lap 3,4 Open 1,2,5,6	

Tuesday

5:30 - 9:00 am Lap 1,2,5,6 Fitness Swim 3,4	1:30 - 2:30 pm Lippman 1,2 Lap 3,4 Open 5,6
9:00 - 9:30 am Aqua Arthritis 5,6 Open 1,2 Lap 3,4	4:00 - 6:00 pm Open 1,2,5,6 Lap 3,4
9:30 - 10:00 am Aqua Arthritis 5,6 Lessons 1,2 Lap 3,4	(**Water Aerobics Lane 1 & 2 5:45-6:30 pm**)
10:00 - 11:00 am Lessons 1,2 Lap 3,4 Open 5,6	6:00 - 8:00 pm Stroke Clinic 5,6 Lap 3,4 Open 1,2
11:00 - 1:30 pm Lap 1,2,3,4 Open 5,6	8:00 - 8:30 pm Lap 1,2,3,4, Open 5,6

Wednesday

5:30 - 9:00 am Lap 1,2,5,6 Fitness Swim 3,4	4:00 - 6:00 pm Lessons 1,2,3,4 Lap 5,6
9:00 - 9:30 am Aqua Arthritis 5,6 Lessons 1,2 Lap 3,4	6:00 - 8:00 pm Stroke Clinic 5,6 Lap 3,4 Open 1,2
9:30 - 10:00 am Aqua Arthritis 5,6 Lessons 1,2 Lap 3,4	8:00 - 8:30 pm Lap 1,2,3,4 Open 5 & 6
10:00 - 11:00 am Lessons 1,2 Lap 3,4 Open 5,6	
11:00-1:30 pm Lap 3,4 Open 1,2,5,6	
1:30 pm - 4:00 pm Lippman 1,2 Lap 3,4 Open 1,2	

Thursday

5:30 - 9:00 am Lap 1,2,5,6 Fitness Swim 3,4	3:00 - 4:00 pm Lippman 1,2 Lap 3,4 Open 5,6
9:00 - 9:30 am Aqua Arthritis 5,6 Open 1,2 Lap 3,4	4:00 - 6:00 pm Open 1,2,5,6 Lap 3,4
9:30 - 10:00 am Aqua Arthritis 5,6 Open 1,2 Lap 3,4	(** Water Aerobics Lane 1 & 2 5:45-6:30 pm***)
10:00 - 11:15 am Lap 3,4 Open 1,2,5,6	6:00 - 8:00 pm Stroke Clinic 5,6 Lap 3,4 Open 1,2
11:15 am - 3:00 pm Lap 1,2,3,4 Open 5,6	8:00 - 8:30 pm Lap 1,2,3,4 Open 5,6

Friday

5:30 - 9:00 am Lap 1,2,3,4 Open 5,6
9:00 - 10:00 am Aqua Arthritis 5,6 Lap 1,2,3,4
10:00 - 11:00 am Water Aerobics 5,6 Lap 3,4 Open 1,2
11:00 am - 4:45 pm Lap 1,2,3,4 Open 5,6

Saturday

8 am - 5:45 pm Lap 3,4 Open 1,2,5,6

Sunday

7:00 - 10:45 am Lap 3,4 Open 1,2,5,6
10:45 am - 2:00 pm Lessons 1,2,3,4 Lap Swim 5,6
2:00 - 5:45 pm Lap 3,4 Open 1,2,5,6

- ☆ Children under the age of 13 MUST be accompanied by a responsible adult
 - ☆ **There is NO Open Swim Time during group swim lessons**
 - ☆ Lane Format is at the discretion of the Lifeguard.
 - ☆ Adults (16 & older) have preference in lap swim lanes
 - ☆ This schedule is subject to change

Shaw JCC of Akron Pool Rules

The Lifeguard has the ultimate responsibility for the health & safety of everyone using the Shaw JCC of Akron's pool facilities.

For your safety, all pools will be cleared of members/guest during severe weather. This includes thunder and lightning. The pool will be cleared for 30 minutes.

Children 13 and under must be accompanied by an adult at all times in the pool area.

POOL RULES

1. Patrons will clear the pool when **one loud whistle blast is heard**
2. Appropriate swimming (swimsuit) attire must be worn.- NO CUT OFF SHORTS
3. No running on pool deck
4. No pushing, shoving, throwing, or pulling into the pool- NO HORSE PLAY!
5. Children under **13 years** of age must be accompanied by an adult in the aquatic area.
6. Children under 5 or wearing floatation devices **must** have a parent in the water with them at all times
7. All patrons must pass a deep water test to utilize the deep end.
Swim test consist of swimming one length of the pool without stopping.
8. Toys may be used at the discretion of the lifeguards- **NO KICKBOARDS**
9. No large rafts- this is the lifeguards discretion
10. No glass containers or gum are permitted in the pool area
11. Please do not talk to the lifeguard while he/she is guarding the pool. They are there for your safety.
12. Please remember to rinse off before entering the pool.
13. No band-aids, tape or bandages allowed in the pool- No swimmers with open sores, deep cuts, or infections
14. All food must be consumed in designated areas
15. Please dispose of ALL trash
16. Lap swim lanes are for lap swimmers ONLY!
17. No hanging on lane lines/ropes.
18. Only swim team/lessons are to utilize the starting blocks during lessons/practice or meets only.

Outdoor Pool Schedule

Begins May 26th, 2012

Weather Permitting

Open Swim Hours

Monday-Sunday

11:00 am-7:45pm

Lap Swim Hours

Sunday-Friday

10:00 am-Noon