



Aquatics Indoor Pool Schedule March 2010

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

5:30-9:00a.m. Lap 1, 2, 5, 6, Fitness Swim 3, 4	4:00- 6:30pm- Lessons 1,2,5,6 Lap 3,4
9:00- 9:30 a.m. Aqua Arthritis- 5 & 6, Lessons 1, 2, Lap 3&4	6:30-8:00pm SR Swim Team 2,3,4,5,6 Open 1
9:30- 10:00a.m. Aqua Arthritis- 5 & 6, Lessons 1& 2, Lap 3 & 4	8:00- 8:30p.m.- Lap 1,2,3,4, Open 5& 6
10:00- 11:00a.m. 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 Lippman 1 & 2, Lap 3 & 4, Open 5& 6	

Tuesday

5:30am-9:00am Lap 1,2,5,6 Fitness Swim 3,4	4:00pm-6:30pm Open 1,2, 5, 6 Lap 3,4
9:00- 9:30 a.m. Aqua Arthritis- 5&6, Open 1,2 Lap-3&4	(**** SWET Lane 1&2 5:45-6:30pm*****)
9:30- 10:00a.m. Aqua Arthritis- 5 & 6, Lessons 1& 2, Lap 3 & 4	6:30-8:00pm SR Swim Team 2,3,4,5,6 Open 1
10:00- 11:00a.m.- Lessons 1 & 2, Lap 3 & 4, Open 5 & 6	8:00- 8:30p.m.- Lap 1,2,3,4, Open 5& 6
11:00 a.m. – 4pm Lap 1,2,3,4 Open 5,6	

Wednesday

5:30-9:00a.m. Lap 1, 2, 5, 6, Fitness Swim 3, 4	4:00- 6:30pm- Lessons 1,2,5,6 Lap 3,4
9:00- 9:30 a.m. Aqua Arthritis- 5 & 6, Lessons 1, 2, Lap 3&4	6:30-8:00pm SR Swim Team 2,3,4,5,6 Open 1
9:30- 10:00a.m. Aqua Arthritis- 5 & 6, Lessons 1& 2, Lap 3 & 4	8:00- 8:30p.m.- Lap 1,2,3,4, Open 5& 6
10:00- 11:00a.m. 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 Lippman 1 & 2, Lap 3 & 4, Open 5& 6	

Thursday

5:30-9:00 a.m. Lap 1,2,5,6 Fitness Swim 3,4	4pm-6:30pm Open 1,2, 5, 6 Lap 3,4
9:00- 9:30 a.m. Aqua Arthritis- 5&6, Lessons 1,2 Lap-3&4	(**** SWET Lane 5&6 5:45-6:30pm*****)
9:30- 10:00a.m. Aqua Arthritis- 5 & 6, Lessons 1& 2, Lap 3 & 4	6:30-8:00pm SR Swim Team 2,3,4,5,6 Open 1
10:00- 11:15a.m. Lessons 1 & 2, Lap 3&4, Open 5&6	8:00- 8:30p.m.- Lap 1,2,3,4, Open 5& 6
11:15 a.m. –4:00 p.m. Lap 1,2,3,4 Open 5,6	

Friday

5:30-9:00a.m. Lap 1, 2, 3,4 Open 5& 6
9:00am-10:00am Aqua Arthritis 5 & 6, Lap 1,2,3,4
10:00 am- 4:45 pm- Lap 1,2,3,4, Open 5,6

Saturday

8am- 5:45 p.m. Lap 3,4 Open 1,2,5,6

Sunday

7- 10:45am Lap 3,4 Open 1,2,5,6
10:45am-2:00pm Swim Lessons 1,2,5&6, Lap Swim 3&4
2:00pm-6:00pm 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 digression of the Lifeguard.
 - ☆ Adults (16 & older) have preference in lap swim lanes
 - ☆ This schedule is subject to change

Monday March 29, 2010 the facility will be closing at 4pm due to Erev Passover.

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 must be accompanied by an adult 13 & under at all times in the indoor pool.

POOL RULES

1. Patrons will clear the pool when **3 loud whistle blasts are 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 a responsible adult
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 width of deep end 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 is to utilize the starting blocks.