

JCC Indoor Pool Schedule | 2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30 a.m.								
6 a.m.		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6:30 a.m.								
7 a.m.	Lap Swim							
7:30 a.m.								
8 a.m.								
8:30 a.m.								
9 a.m.								
9:30 a.m.		Club 60*	Family Swim (Deep)	Club 60*	Family Swim (Deep)	Deep Intervals *	Club 60*	
10 a.m.	Deep Water *	The J Swim School Lessons (Shallow)			ELC Swim Lessons (Shallow)	Family Swim (Deep)		
10:30 a.m.		Deep Water*	Family Swim (Shallow)	Lap Swim (Half)	Family Swim (Half)	Deep Water*	Family Swim (Shallow)	
11 a.m.	The J Swim School Lessons							
11:30 a.m.		Lap Swim	Lap Swim	Lap Swim				
12 p.m.					Lap Swim			
12:30 p.m.								
1 p.m.		Lap Swim (Half)	Family Swim (Half)	Lap Swim (Half)	Family Swim (Half)	Lap Swim (Half)	Family Swim (Half)	
1:30 p.m.								
2 p.m.								
2:30 p.m.								
3 p.m.	Lap Swim (Half)	Family Swim (Half)	The J Swim School Lessons	The J Swim School Lessons	The J Swim School Lessons	The J Swim School Lessons		
3:30 p.m.								
4 p.m.								
4:30 p.m.								
5 p.m.						Winter Swim Team Training		
5:30 p.m.								
6 p.m.								
6:30 p.m.								
7 p.m.		Aqua Bootcamp <small>(Paid Program See Back for more info)</small>	Deep Water*	Family Swim (Shallow)	Lap Swim (Half)	Family Swim (Half)	WiM* (7:05)	Family Swim (Deep)
7:30 p.m.					Aqua Yoga <small>(Paid Program See back for more info)</small>			
8 p.m.		Lap Swim (Half)	Family Swim (Half)	Lap Swim (Half)	Family Swim (Half)	Lap Swim (Half)	Family Swim (Half)	

WiM= WATERinMOTION
 *-Indicates Aqua Fitness Class
 **-Indicates an Aqua Fitness Paid Program

Pool Policies and Information

LAP SWIM: Lap swimming is considered to be continuous swimming lengthwise, and is available only during designated times. Children may lap swim providing they are adhering to these guidelines and, if necessary, accompanied by a responsible adult.

Family SWIM: Open swim is designated for free or unstructured swimming and is available for families and individuals. Children must be accompanied by a responsible adult unless they are in at least 6th grade.

AQUA BOOTCAMP: Aqua Bootcamp is a paid program offered on Monday evenings. Contact Beth Mans with questions, 502-238-2726. This is not your Grandmother's workout. Combine wall exercises, buoyancy equipment, lap swimming and high intensity aqua fitness moves to challenge the heart, burn calories and improve your fitness level. Using timed intervals, get ready for a challenging water workout

AQUA FITNESS: When inside, the Aqua Fitness classes are scheduled to have use of either the deep or shallow end of the pool. If the other half of the pool is not being used for swim lessons, then it will be designated for Family Swim.

AQUA YOGA: Ready to take your yoga practice to the next level? In this class, participants will use stand-up paddle boards in the pool to develop core strength and muscle integration for better balance.

PLEASE NOTE: Aqua Yoga is a Paid Program that will be offered once per month on Wednesday evenings. The dates are January 9, February 6, March 6 and April 3. On the Wednesdays without Aqua Yoga we will have Lap Swim (half)/ Family Swim (half) from 7:15-8:30pm. If interested in Aqua Yoga please contact the Aquatics Director at 502-238-2742. Spots are limited!

LIFEGUARDS: Please help the lifeguards as they enforce safety rules and respond to emergencies. Parents are expected to supervise their children. Please do not carry on conversations with lifeguards who are on duty.

INDOOR POOL TEMPERATURE: For the comfort of all participants, the temperature will be kept 86 degrees at all times. This may vary slightly as is normal when dealing with a thermostat.

EQUIPMENT: JCC's kickboards and pull buoys are to be used by lap swimmers and for instructional purposes only. Aqua Fitness equipment is to be used only by Aqua Fitness class participants. Please help us maintain and preserve our equipment by returning them to the designated shelves.

FLOTATION DEVICES: If a child requires a flotation device to swim, then a responsible adult must be within arm's reach of the child at all times.

DIAPERS: Children who are not toilet trained must wear a swim diaper in the pool. These may be purchased at the Health and Wellness desk.

ILLNESS: Any swimmer experiencing illness or recently getting over illness, especially in the case of diarrhea, is asked to refrain from swimming for at least 2 weeks. Failure to do so can cause the spread of dangerous pathogens such as: cryptosporidium, e. coli, giardia, shigella, and norovirus.

INDOOR POOL DISTANCE CONVERSIONS:

20 Yards=	1 Length
100 Yards=	5 Lengths
1/4 Mile=	22 Lengths
1/2 Mile=	44 Lengths
1 Mile=	88 Lengths

For more information, on schedules, programming and swim lessons, please contact Johnny Kimberlin, Aquatics Director at 238-2742 or email jkimberlin@jewishlouisville.org.

The J Swim School Hours: Mon - Thurs. 3 – 7 p.m. Sun. 10 a.m. – 3 p.m.