

2019 | Summer Pool Schedules

Indoor Pool Programming

Sunday

7-9:55 a.m. Lap Swim
 10- 3 p.m. J Swim School Lessons
 3- 5:30 p.m. Lap Swim (Half)
 Family Swim (Half)

Monday

6- 9 a.m. Lap Swim
 9- 2 p.m. Lap Swim (Half)
 Family Swim (Half)
 2- 7 p.m. The J Swim School Lessons
 7-8:30 p.m. Lap Swim (Half)
 Family Swim (Half)

Tuesday

6- 9 a.m. Lap Swim
 9- Noon ELC Swim Lessons (Shallow)
 Family Swim (Deep)
 Noon- 2 p.m. Lap Swim (Half)
 Family Swim (Half)
 2- 7 p.m. The J Swim School Lessons
 7- 8:30 p.m. Lap Swim (Half)
 Family Swim (Half)

Wednesday

6- 9 a.m. Lap Swim
 9- Noon ELC Swim Lessons (Shallow)
 Family Swim (Deep)
 Noon- 2 p.m. Lap Swim (Half)
 Family Swim (Half)
 2- 7 p.m. The J Swim School Lessons
 7- 8:30 p.m. Lap Swim (Half)
 Family Swim (Half)

Thursday

6- 9 a.m. Lap Swim
 9- Noon ELC Swim Lessons (Shallow)
 Family Swim (Deep)
 Noon- 2 p.m. Lap Swim (Half)
 Family Swim (Half)
 2- 7 p.m. The J Swim School Lessons
 7- 8:30 p.m. Lap Swim (Half)
 Family Swim (Half)

Friday

6- 9 a.m. Lap Swim
 9- 6:30 p.m. Lap Swim (Half)
 Family Swim (Half)

Saturday

10:30- 5:30 p.m. Lap Swim (Half)
 Family Swim (Half)

Lap Pool Programming

Sunday

7 a.m. - 8 p.m. Lap Swim Lanes 1-9

Monday

6- 10 a.m. Lap Swim Lanes 1-9
 10- 12:30 p.m. Lap Swim Lanes 1-7
 Camp Swim Lessons Lane 8 & 9
 12:30- 8 p.m. Lap Swim Lanes 1-9

Tuesday

6- 10 a.m. Lap Swim 1-9
 10- 12:30 p.m. Lap Swim Lanes 1-7
 Camp Swim Lessons Lanes 8 & 9
 12:30- 3:30 p.m. Lap Swim Lanes 1-9
 3:30- 6:30 p.m. Lap Swim Lanes 1-3
 Swim Team Practice 4-9
 6:30- 8 p.m. Lap Swim Lanes 1-9

Wednesday

6- 10 a.m. Lap Swim 1-9
 10- 12:30 p.m. Lap Swim Lanes 1-7
 Camp Swim Lessons Lanes 8 & 9
 12:30- 3:30 p.m. Lap Swim Lanes 1-9
 3:30- 6:30 p.m. Lap Swim Lanes 1-3
 Swim Team Practice 4-9
 6:30- 8 p.m. Lap Swim Lanes 1-9

Thursday

6- 10 a.m. Lap Swim 1-9
 10- 12:30 p.m. Lap Swim Lanes 1-7
 Camp Swim Lessons Lanes 8 & 9
 12:30- 3:30 p.m. Lap Swim Lanes 1-9
 3:30- 6:30 p.m. Lap Swim Lanes 1-3
 Swim Team Practice 4-9
 6:30- 8 p.m. Lap Swim Lanes 1-9

Friday

6- 10 a.m. Lap Swim 1-9
 10- 12:30 p.m. Lap Swim Lanes 1-7
 Camp Swim Lessons Lanes 8 & 9
 12:30- 3:30 p.m. Lap Swim Lanes 1-9
 3:30- 6:30 p.m. Lap Swim Lanes 1-3
 Swim Team Practice 4-9

Saturday

10:30- 8 p.m. Lap Swim Lanes 1-9



The Family and Baby pools are open:
 Sunday-Thursday: 10- 8 p.m., Friday: 10-6:45 p.m., Saturday: 10:30-8 p.m.

2019 | Summer Pool Schedules

Pool Policies & Info

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. If the number of Lap Swimmers exceeds 2 per lane, circle swimming is required.

FAMILY SWIM: Free 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 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 Group Swim Lessons, then it will be designated for Open Swim.

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 TEMP: For the comfort of all participants, the temperature will be kept at 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 shelves designated for these items.

FLOATATION DEVICES: If a child requires a floatation device to swim, then a responsible adult must be within arm's reach of the child at all times-- no exceptions.

DIAPERS: Children who are not toilet trained must wear a swim diaper in the pool-- these may be purchased at the Health & Wellness desk or Pool Gate.

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

SCHEDULE NOTES:

- The diving well is closed for Deep Water Aerobics: Sun 10- 11 a.m., Mon & Wed 10:30-11:30 a.m., Mon & Tues 7-8 p.m., Tues 10-10:30 a.m. Fri 9:30-10:30 a.m.
- Lap pool will be closed for home swim meets on Monday June 3rd and 17th, as well as, Thursday May 30th and June 20th
- A portion of the family pool will be used for camp swim lessons Monday through Friday 10 a.m. to 12:30 p.m.

For Information on aquatics times, programming, camps, and swim lessons, please contact Johnny Kimberlin, Aquatics Director at 238-2742 or email jkimberlin@jewishlouisville.org.

The Family and Baby pools are open:
Sunday-Thursday: 10- 8 p.m., Friday: 10-6:45 p.m., Saturday: 10:30-8 p.m.