

Last Updated:

Friday, May 27, 2022

Trager Family JCC Outdoor Pools

The Family Pool



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00	Closed	Closed	Closed	Closed	Closed	Closed	Closed		
5:30									
6:00									
6:30									
7:00									
7:30									
8:00									
8:30									
9:00									
9:30									
10:00	Open Swim	Deep Water	Camp Swim	Open Swim	Open Swim	Open Swim	Open Swim	Deep Intervals	
10:30				Open Swim	Open Swim	Open Swim		Open Swim	Deep Water*
11:00	Open Swim	Camp Swim	Camp Swim	Camp Swim	Camp Swim	Camp Swim	Open Swim	Open Swim	
11:30								Open Swim	Open Swim
12:00									
12:30									
1:00									
1:30									
2:00									
2:30									
3:00									
3:30									
4:00									
4:30									
5:00									
5:30									
6:00									
6:30									
7:00		Open Swim	Open Swim	Open Swim	Open Swim	Closed			
7:30		Water Blast	Deep Water	Open Swim	Open Swim				
8:00									
8:30	Closed	Closed	Closed	Closed	Closed	Closed	Closed		
9:00									
9:30									

* Some aqua fitness classes will run from 10:45 am to 11:45 am

Pool Policies and Information

AQUA BARRE: This class takes traditional ballet movements and adapts them for use in the water. There will be a focus on arms, legs and core strengthening through the use of equipment and with the built-in resistance from the water.

AQUA BOOT CAMP: This is not your grandma's workout. This class combines wall exercises, buoyancy equipment, lap swimming and high intensity aqua fitness moves to challenge the heart. Get ready for a challenging calorie burning water workout.

DEEP INTERVALS: Through the use of a flotation belt, this workout uses intervals of work and rest to increase cardiovascular fitness and muscular strength. This class focuses on burning calories and improving your fitness level using timed intervals. It is a challenging workout for both new and seasoned exercisers.

DEEP WATER: Through the use of a flotation belt, this workout includes strength, endurance, range of motion, cardio exercises, and stretching at the end of class. The instructor may also incorporate the use of other equipment for added strength training. A great workout for people who have joint problems.

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

EQUIPMENT: JCC's kickboards and pull buoys are to be used by lap swimmers and for instructional purposes only. 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.

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.

OPEN SWIM: Open swim is available to members of the facility and guests of members only. Certain areas of the Family pool may be reserved for programming.

PERSONAL EXERCISE: Personal exercise is working out in the pool without swimming laps.

WATER BLAST: This is a high-energy shallow water aqua fitness class designed to blast the calories and crank up the metabolism. Using cardio and strength movements, you can achieve these movements without the strain land classes may cause on your body.

*All aqua fitness classes require a reservation.

**The Trager Family JCC schedules will remain consistent; however, it is subject to change for programs.

For more information, on schedules, programming, and swim lessons, please contact Johnny Kimberlin, Aquatics Director at 238-2742 or email jkimberlin@jewishlouisville.org, or Lexi Garrison, Assistant Aquatics Director at 238-2725 or email lgarrison@jewishlouisville.org.