

# JCC Indoor Pool Schedule | 2015

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.							
6 a.m.							
6:30 a.m.							
7 a.m.							
7:30 a.m.							
8 a.m.							
8:30 a.m.							
9 a.m.							
9:30 a.m.							
10 a.m.							
10:30 a.m.							
11 a.m.							
11:30 a.m.							
12 p.m.							
12:30 p.m.							
1 p.m.							
1:30 p.m.							
2 p.m.							
2:30 p.m.							
3 p.m.							
3:30 p.m.							
4 p.m.							
4:30 p.m.							
5 p.m.							
5:30 p.m.							
6 p.m.							
6:30 p.m.							
7 p.m.							
7:30 p.m.							
8 p.m.							
8:30 p.m.							

Updated January 12th, 2015



## **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. If the number of Lap swimmers exceeds 2 per lane, circle swimming is required.

**OPEN 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 6<sup>th</sup> 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 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 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

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**Lenny Krazelburg Swim Academy Hours: Mon. 3 - 6 p.m. Tues. - Thurs. 3 - 7 p.m. Sun. 10 a.m. - 3 p.m.**