

Indoor Pool Schedule

Programming Breakdown

Sunday

7 - 9:55 a.m.
10 - 11 a.m.

10 - 3 p.m.
3 - 5:30 p.m.

Lap Swim
Deep Water Aqua Fitness*
Free Swim (Shallow)
Swim Academy Lessons
Lap Swim (Half pool)
Family Swim (Half pool)

Monday

6 - 9:30 a.m.
9:30 - 10:30 a.m.

10:30 - 11:30 a.m.

11:30 - 1:15 p.m.
1:15 - 3 p.m.

3 - 7 p.m.
5:30 - 6:30 p.m.
7:05 - 8:05 p.m.

8:05 - 8:30 p.m.

Lap Swim
Club 60 (Shallow)*
Free Swim (Deep)
Deep Water Aqua Fitness*
Free Swim (Shallow)
Lap Swim
Lap Swim (Half pool)
Family Swim (Half pool)
Swim Academy Lessons
Winter Swim Team Conditioning
Water Pilates (Shallow)*
Free Swim (Deep)
Lap Swim (Half pool)
Family Swim (Half pool)

Tuesday

6 - 9:30 a.m.
9:30 - 11:30 a.m.
10:30 - 11:30 a.m.
11:30 - 1 p.m.
1 - 3 p.m.

3 - 7 p.m.
7:05 - 8:05 p.m.

8:05 - 8:30 p.m.

Lap Swim
Preschool Swim Lessons
Deep Water Aqua Fitness*
Lap Swim
Lap Swim (Half pool)
Family Swim (Half pool)
Swim Academy Lessons
Deep Water Aqua Fitness*
Free Swim (Shallow)
Lap Swim (Half pool)
Family Swim (Half pool)

Wednesday

6 - 9:30 a.m.
9:30 - 10:30 a.m.

10:30 - 11:30 a.m.

11:30 - 12:30 p.m.

12:30 - 1:15 p.m.
1:15 - 3 p.m.

3 - 7 p.m.
7:05 - 8:30 p.m.

Lap Swim
Club 60 (Shallow)*
Free Swim (Deep)
Splish-Splash (Shallow)*
Free Swim (Deep)
Lap Swim (Half pool)
Family Swim (Half pool)
Lap Swim
Lap Swim (Half pool)
Family Swim (Half pool)
Swim Academy Lessons
Lap Swim (Half pool)
Family Swim (Half pool)

Thursday

6 - 9:30 a.m.
9:30 - 11:30 a.m.
10:30 - 11:30 a.m.
11:30 - 1 p.m.
1 - 3 p.m.

3 - 7 p.m.
7 - 8 p.m.

8 - 8:30 p.m.

Friday

6 - 9:30 a.m.
9:30 - 10:30 a.m.

10:30 - 11:30 p.m.

11:30 - 4 p.m.

4 - 4:45 p.m.

4:45 - 5:30 p.m.

5:30 - 6:30 p.m.

Saturday

10:30 - 11:30 a.m.

11:30 - 12:30 p.m.

12:30 - 2 p.m.

2 - 3 p.m.

3 - 5:30 p.m.

Lap Swim

Preschool Swim Lessons
Deep Water Aqua Fitness*

Lap Swim

Lap Swim (Half pool)
Family Swim (Half pool)
Swim Academy Lessons
Deep Water Aqua Fitness*
Free Swim (Shallow)
Family Swim

Lap Swim

WATER in MOTION™*
Free Swim (Deep)
Club 60 (Shallow)*
Deep Water Aqua Fitness*
Lap Swim (Half pool)
Family Swim (Half pool)
Water Pilates (Shallow)*
Free Swim (Deep)
Aqua Fitness*
Free Swim (Deep)
Winter Swim Team Conditioning

WATER in MOTION™*

Free Swim (Deep)
Lap Swim
Family Swim
Winter Swim Team Conditioning
Lap Swim (Half pool)
Family Swim (Half pool)

ALL
AGES

During Swim Academy Lessons, we will do our best to make accommodations for lap swimmers in the Indoor Pool.

*Indicates Aqua fitness classes

* Children ages 11 and under must be accompanied by an adult into the pool area.

For information regarding the Lenny Krazelburg Swim Academy, aqua fitness classes, and special events, please contact Johnny Kimberlin at 238-2742 or by email at jkimberlin@jewishlouisville.org.

Hours of Operation

Sunday:	7	a.m.	-	5:30	p.m.
Monday:	6	a.m.	-	8:30	p.m.
Tuesday:	6	a.m.	-	8:30	p.m.
Wednesday:	6	a.m.	-	8:30	p.m.
Thursday:	6	a.m.	-	8:30	p.m.
Friday:	6	a.m.	-	6:30	p.m.
Saturday:	10:30	a.m.	-	5:30	p.m.



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.*

FREE SWIM: Open Swim is designated for free or unstructured swimming and is available for families and individuals. All children ages 11 and under must be accompanied by a responsible adult.*

FAMILY SWIM: Family Swim is designated time and pool space for families to come and enjoy the indoor pool together. This can include many activities such as games, working on swimming skills and races.*

AQUA FITNESS: 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 bouys 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.

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*.

***All children under the age of 18 must enter the pool area through the boy's or girl's locker rooms even if accompanied by an adult.**

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

