

# Summer Pool Schedules

May 24th - September 2nd

## Indoor Pool Programming

### Sunday

7 - 9:55 a.m. Lap Swim  
10 - 3 p.m. Swim Academy Lessons Only  
3 - 5:30 p.m. Lap Swim (Half)  
Open Swim (Half)

### Monday

6 - 9 a.m. Lap Swim  
9 - 1 p.m. Family Swim  
1 - 7 p.m. Swim Academy Lessons Only  
7 - 8:30 p.m. Lap Swim (Half)  
Open Swim (Half)

### Tuesday

6 - 9:30 a.m. Lap Swim  
9:30 - 12:30 p.m. Preschool Swim Lessons  
12:30 - 1 p.m. Lap Swim Only  
1 - 7 p.m. Swim Academy Lessons Only  
7 - 8:30 p.m. Lap Swim (Half)  
Open Swim (Half)

### Wednesday

6 - 9:30 a.m. Lap Swim  
9:30 - 12:30 p.m. Preschool Swim Only  
12:30 - 1 p.m. Lap Swim Only  
1 - 7 p.m. Swim Academy Lessons Only  
7 - 8:30 p.m. Lap Swim (Half)  
Open Swim (Half)

### Thursday

6 - 9:30 a.m. Lap Swim  
9:30 - 12:30 p.m. Preschool Swim Lessons  
12:30 - 1 p.m. Lap Swim  
1 - 7 p.m. Swim Academy Lessons Only  
7 - 8:30 p.m. Lap Swim (Half)  
Open Swim (Half)

### Friday

6 - 9 a.m. Lap Swim  
9 - 12 p.m. Family Swim  
12 - 6:30 p.m. Lap Swim (Half)  
Open Swim (Half)

### Saturday

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

## Family & Baby Pools

Sunday: 9:30 - 6:45 p.m.  
Mon. - Thurs.: 9:30 - 8:45 p.m.  
Friday: 9:30 - 6:45 p.m.  
Saturday: 10:30 - 6:45 p.m.

## Lap Pool Programming

### Sunday

7 a.m. - 6:45 p.m. Lap Swim Lanes 1 - 7  
Swim Academy Lanes 8 & 9

### Monday/Wednesday

6 - 9:30 a.m. Lap Swim Lanes 1 - 9  
9:30 - 12 p.m. LK Camp Lessons Lanes 8 & 9  
Lap Swim Lanes 1 - 7  
12 - 8:45 p.m. Lap Swim Lanes 1 - 9  
7:05 - 7:50 p.m. Advanced Swim Conditioning\*  
(Wednesdays Only - Lanes 8 & 9)

### Tuesday /Thursday

6 - 9:30 a.m. Lap Swim Lanes 1 - 9  
9:30 - 12 p.m. LK Camp Lessons Lanes 8 & 9  
Lap Swim Lanes 1 - 7  
12 - 8:45 p.m. Lap Swim Lanes 1 - 8

### Friday

6 - 9:30 a.m. Lap Swim Lanes 1 - 9  
9:30 - 12 p.m. LK Camp Lessons Lanes 8 & 9  
Lap Swim Lanes 1 - 7  
12 - 8:45 p.m. Lap Swim Lanes 1 - 9

### Saturday

10:30 - 6:45 p.m. Lap Swim Lanes 1 - 9

## Lap Pool & Diving Well Closings

- The Lap Pool will have a reduced number of Lap lanes available to members due to Swim Team practices Tuesday - Friday from 3 - 4 p.m., 4 - 5 p.m., 5 - 6 p.m. and 6 - 7 p.m. (Beginning June 10)
- The Lap Pool will be closed from 11:30 a.m. - Close on Sunday, June 1 for a Home Swim Meet.
- The Lap Pool will be closed from 4 p.m. - Close on June 9, 23, and July 16 for Home Swim Meets. The JCC reserves the right to close the Lap Pool for additional Home Swim Meets.
- The Diving Well is closed for Deep Water Aerobics on Sunday from 10 - 11 a.m., Monday through Fridays, from 10:30 - 11:30 a.m. and Tuesdays and Thursdays from 7:30 - 8:30 p.m.
- One diving board in the Diving Well will also be closed for Dive Team Practices on the following days:

**May 30 and June 3 - 6**  
**June 13, 20, & 27**  
**July 11**  
**\*5:45 - 6:45 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](mailto:jkimberlin@jewishlouisville.org).*



## 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.

**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 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 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 Sports & 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