



# Indoor Pool



Sunday	8:15 AM- 10 AM	Lap Swim or Personal Exercise
	10 AM- 1 PM	J Swim School Swim Lessons
	2 PM – 5:30 PM	J Swim School Swim Lessons

Monday	6AM – 9:45AM	Lap Swim or Personal Exercise
	10 AM – 10:45 AM	Deep Water Aqua Fitness Class*
	11AM-12:45PM	Lap Swim or Personal Exercise
	3 PM – 7PM	J Swim School Swim Lessons

Tuesday	6 AM – 12:45 PM	Lap Swim or Personal Exercise
	3 PM – 7 PM	J Swim School Swim Lessons

Wednesday	6 AM – 12:45 PM	Lap Swim or Personal Exercise
	3 PM – 7 PM	J Swim School Swim Lessons

Thursday	6 AM – 12:45 PM	Lap Swim or Personal Exercise
	3 PM – 7 PM	J Swim School Swim Lessons

Friday	6 AM – 9:45 AM	Lap Swim or Personal Exercise
	10AM -10:45 AM	Deep Water Aqua Fitness Class*
	11 AM- 12:45 PM	Lap Swim or Personal Exercise
	3 PM – 4:45 PM	Lap Swim or Personal Exercise
	4:50 PM – 6:50 PM	Winter Swim Team Practice

Saturday	10:30 AM -1 PM	J Swim School Swim Lessons
	3 PM – 5:45 PM	Lap Swim or Personal Exercise

**\*Deep Water Aqua Fitness** - Flotation devices are utilized for this no-impact workout. A great place for exercisers with joint issues, participants work in a suspended environment. The workout includes cardio-conditioning along with strength and stretching. Reservations required!

Note: Pool is closed from 1-3 each day.

## Lap Swim and Personal Exercise 45-Minute Swim Start Times:

- Sunday: 8:15 a.m. & 9:15 a.m.
- Monday-Thursday: 6 a.m., 7 a.m., 8 a.m, 9 a.m., 10 a.m.\*, 11 a.m., & 12 p.m.
- Friday: 6 a.m., 7 a.m., 8 a.m., 9 a.m., 10 a.m., 11 a.m., 12 p.m., 3 p.m., & 4 p.m.
- Saturday 3 p.m., 4 p.m., & 5 p.m.
- If we have space for lanes during programming, they will be added to the sign-up genius.
- \*Deep Water Aqua Fitness on Mondays & Fridays at 10 a.m. No Lap Swim during these times.
- All times are subject to change for programming needs.
- The Indoor Pool will close for 15 minutes between each Lap Swim and Personal Exercise slot for cleaning.

## Indoor Pool Reservations:

- J members MUST reserve a lane to swim. Members can make, change or cancel reservations online at [www.jewishlouisville.org/poolschedule](http://www.jewishlouisville.org/poolschedule) or by calling the Health & Wellness desk at 502-238-2727.
- Reservations are available within 48 hours of the time you want to swim.
- J members MUST limit to one reservation daily, as lane space is limited.
  - If multiple reservations are made, the latter reservations will be deleted.
  - Members will be contacted in this instance.
  - If members are consistently unable to reserve a lane, due to availability issues, a policy may be put in place to limit how many times a member can reserve a lane per week.
- Please enter your first and last name, and your email address when reserving online. We do contact those who have reserved lanes, at times, so it is helpful.
- You should receive a confirmation email at the email address provided when reserving a lane. Please ensure you are signed up for the date and time you intended.

## Indoor Pool Guidelines:

- All guidelines are subject to change and guidelines may be added as we move into the indoor season.
- The indoor pool will be set up with two lane lines that will divide the pool into three lanes to swim in.
- One swimmer will be allowed in a lap lane at a time.
- Lane reservations are for 45-minute swim appointments. The pool will close for 15-minutes between each swim.
- Lane reservations are for lap swimming or personal exercising only.
- Must be a member to swim laps.
- Members must make a reservation to swim. Members can make reservations on our website at [jewishlouisville.org/poolschedule](http://jewishlouisville.org/poolschedule) or by calling the Health and Wellness desk at (502)238-2727.
- Members without reservations will be unable to swim.
- Members must enter and exit The J through the main entrance. The outdoor elevator is closed.
- Members will use locker rooms for access to the indoor pool.
- Lockers are available for rental and day use.
- Showers are available. Members must bring their own towel.
- The dry saunas, steam rooms and whirlpools in the men's and women's locker rooms will remain closed.
- The pool will be closed from 1 p.m. – 3 p.m. each day.
- Please arrive on deck no more than five minutes prior to your reserved swim time.
- Please check in with Aquatics Staff upon arrival.
- Those in odd-numbered lanes MUST enter, rest and exit the pool in the shallow end.
- Those in even-numbered lanes MUST enter, rest and exit the pool in the deep end (8.5 ft.). You may use the ladder for entry/exit.
- Members MUST wear a mask when entering and exiting the facility.
- Please exit the pool on time and pool area promptly after your swim.
- If we hear thunder or see lightning, the Indoor Pool will close until 30 minutes after the last thunder is heard or lightning is seen. In this event, we will contact those with reservations around that time, as soon as possible.
- Let Aquatics Staff know if you have any questions.
- Enjoy Your Swim!

Contact Aquatics Director, Johnny Kimberlin, with questions at 502-238-2742 or [jkimberlin@jewishlouisville.org](mailto:jkimberlin@jewishlouisville.org)