

Winter is a great time to take swim lessons!



The J Swim School has you covered with multiple American Red Cross Swim Lessons year round

- Evenings during the week
- Mornings on weekends
- From a child's first independent swim class to classes for teens and adults
- Save 20% on your very first set of lessons
- Register for classes at jcc.org/swimlessons
- Questions? Call the JCC Aquatics Hotline at 410.559.3530 or email us at swimlessons@jcc.org.

Aquatics Staff Profile

Meet Meghan Risper

Meghan has been a part of the J Aquatics Team since 2013. She is one of our most versatile team members with certifications as a Water Safety Instructor, Lifeguard and Pool Operator. She is also one of our Swim Team coaches! Next time you see Meghan at the indoor pool stop by and introduce yourself.



Winter Pool Schedule... Take Note



JANUARY

Lap swimming will be a bit more crowded through late February as we increase our class schedule. Below are times when we have the most lap and general swim lanes available. Lap swimming is permitted in general swim lanes but please be considerate of other members who want to use this area for other purposes.

Find 4 lanes available for lap swim:

5:00-9:00am: Tues/Thurs/Sat

7:00-9:00am: Mon/Wed

8:00-9:00am: Sun

Find 2 lanes for lap swimming, 2 for general swim:

9:00-9:30am: Mon/Wed/Fri

11:15am-5:00pm: Mon/Wed/Fri

11:15am-4:45pm: Tues, Thurs

12:00-5:30pm: Sat

1:00-6:30pm: Sun

8:00-9:00pm: Mon/Tue/Wed/Thurs

FEBRUARY

Our preschool Swim program returns beginning February 4- March 26, 2020

9:15-11:00 am – Tue/Wed/Thurs

Please note we will be down to 2 lap lanes during this time and the family changing rooms will be busy during these times.

FAQs

Where can I swim when Water Aerobics classes are in session?

If the two lap lanes have more than two people in them or if you just want to use the deep water end of the general swim lane for exercise please consult with the lifeguard on duty about what would work best.

Just Keep Swimming!

PARTICIPATE IN OUR SWIM AND WATER AEROBIC CHALLENGES AND EARN SPECIAL J PRIZES

100 Mile Lap Swim Challenge

Runs January -December 2020

100 miles sounds a little daunting, but we know many of you can rise to the challenge. Record your progress in quarter-mile increments on the pool deck chart and watch your accomplishment grow!

Prizes will be awarded to everyone who reaches 100 miles at the end of the challenge. Finishers will also be entered into a raffle for a gift card.

12 Mile Lap Swim Challenge

February 1-29, 2020

Test out your swimming metal during the shortest month of the year. Track your laps on our pool deck chart and we'll add them up! If you reach 12miles or 432 laps by Feb. 29 you'll receive a prize! Can't manage it this month? Don't worry we'll have a more month-long challenges in the near future. And yes these will count towards the 100 Mile year-long challenge.

Water Aerobics Challenge

April 1-30, 2020

Participate in 18+ classes in April and receive a prize! Sign up on the pool deck to track your attendance. Prizes be will be awarded to the first 50 winners by May 1, 2020.

Questions? Contact: Shawnise Crawford in Owings Mills: scrawford@jcc.org Rebecca Chinsky in Park Heights: rchinsky@jcc.org