

**Rosenbloom Owings Mills JCC  
Indoor Pool Schedule**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swimming</b> 8:00am-9:00am (4) 9:00am-1:00pm (2) 1:00-6:30pm (2)	<b>Lap Swimming</b> 7:00-9:00am (4) 9:00am-5:00pm (2) 5:00pm-6:15pm (2) 8:00-9:30pm (2)	<b>Lap Swimming</b> 5:30am-9:00am (4) 9:00am-11:15am (2) 11:15am-5:00pm (2) 5:00-6:15pm (1) 8:00-9:30pm (2)	<b>Lap Swimming</b> 7:00am-9:00am (4) 9:00am-10:30am (2) 10:30am-5:00pm (2) 5:00pm-6:15pm (2) 8:00-9:30pm (2)	<b>Lap Swimming</b> 5:30am-9:00am (4) 9:00am-10:30am (2) 10:30am-5:00pm (2) 5:00-6:15pm (1) 8:00-9:30pm (2)	<b>Lap Swimming</b> 7:00am-9:00am (4) 9:00am-10:30am (2) 10:30am-5:30pm (2)	<b>Lap Swimming</b> 7:30am-9:00am (4) 9:00am-5:30pm (2)
<b>Swim Lessons/ Certification Classes</b> 9:00am-1:00pm (4) 1:00-6:30pm (2)	<b>Swim Lessons/ Certification Classes</b> 9:00am-5:00pm (2) 8:15-9:30pm (2)	<b>Swim Lessons/ Certification Classes</b> 9:00am-5:00pm (2) 5:00-6:15pm (1) 6:15-7:00pm (2) 8:15-9:30pm (2)	<b>Swim Lessons/ Certification Classes</b> 9:00am-5:00pm (2) 8:15-9:30pm (2)	<b>Swim Lessons/ Certification Classes</b> 9:00am-5:00pm (2) 5:00-6:15pm (1) 6:15-7:00pm (2) 8:15-9:30pm (2)	<b>Swim Lessons/ Certification Classes</b> 9:00am-5:30pm (2)	<b>Swim Lessons/ Certification Classes</b> 9:00am-12:00pm (4) 12:00-5:30pm (2)
<b>General Swim</b> 7:00-9:00am (2) 1:00-6:30pm (2)	<b>Water Aerobics</b> 8:30-10:15am (2)	<b>Water Aerobics</b> 9:30-11:15am (2)	<b>Water Aerobics</b> 8:30-10:15am (2)	<b>Water Aerobics</b> 8:30-10:15am (2)	<b>Water Aerobics</b> 8:30-10:15am (2)	<b>General Swim</b> 7:30am-9:00am (2) 12:00pm-5:30pm (2)
<b>Arthritis Class</b> 10:30-11:15am (2)	<b>Arthritis Class</b> 10:30-11:15am (2)	<b>Arthritis Class</b> 10:30-11:15am (2)	<b>Arthritis Class</b> 10:30-11:15am (2)	<b>Arthritis Class</b> 10:30-11:15am (2)	<b>Arthritis Class</b> 10:30-11:15am (2)	
<b>Swim Team Practice</b> 7:00-8:00am (4)	<b>General Swim</b> 5:30-8:30am (2) 11:15am-5:00pm (2) 8:00-9:30pm (2)	<b>General Swim</b> 5:30-9:30am (2) 11:15am-5:00pm (2) 8:00--9:30pm (2)	<b>General Swim</b> 5:30-8:30am (2) 11:15am-4:30pm (2) 5:30-6:15pm (2) 8:00-9:30pm (2)	<b>General Swim</b> 5:30-9:30am (2) 11:15am-5:00pm (2) 8:00-9:30pm (2)	<b>General Swim</b> 5:30-8:30am (2) 11:15am-5:30pm (2)	
	<b>Kids Cntr Free Swim</b> 4:30-5:15pm	<b>Swim Team Practice</b> 5:00-7:00pm (4) 7:00-8:00pm (ALL) 8:00-8:15pm (2)	<b>Kids Cntr Free Swim</b> 4:30-5:15pm	<b>Swim Team Practice</b> 5:00-7:00pm (4) 7:00-8:00pm (ALL) 8:00-8:15pm (2)		
	<b>Swim Team Practice</b> 5:30-7:00am (4) 5:00-7:00pm (4) 7:00-8:00pm (ALL) 8:00-8:15pm (2)	<b>No Lanes Available: 6:15-8:00pm</b>	<b>Swim Team Practice</b> 5:30-7:00am (4) 6:15-7:00pm (2) 7:00-8:00pm (ALL) 8:00-8:15pm (2)	<b>No Lanes Available: 6:15-8:00pm</b>		
	<b>No Lanes Available: 7:00-8:00pm</b>		<b>No Lanes Available: 7:00-8:00pm</b>			

**General Swim** is for Water Fitness, Family Play etc., (1-6) Denotes number of lanes available for listed activity. The indoor pool is a 25 yard pool. One mile is equal to 72 lengths or 36 laps. **Please see next page for Pool Policies**

### **Pool Safety Rules:**

1. Children ages 8 and under who are in, or near, the water, must be actively supervised by an adult guardian who is within arms reach.
2. Prolonged underwater swimming or breath holding is not allowed.
3. Look before you leap! Diving is only permitted in water deeper than 9 feet. Please be aware of what (or who) may be beneath you when entering the water.
4. Running, dunking, pushing, or throwing persons into the pool is not permitted. No horseplay, riding on shoulders, excessive splashing or dunking allowed.
5. Inflatables (balls, rafts, water wings, etc.) are not permitted in the Rec Park. Individuals requiring flotation assistance may use US Coast-Guard approved PFDs (life vests.)
6. Hanging on the ropes, ladders or other pool equipment is not permitted.
7. Non-swimmers must stay in the shallow water.
8. All swimmers are encouraged (and children under 18 are required) to take a swim test before swimming or exercising in deep water. Lifeguards may require any swimmer to take a deep water test based on program requirements or safety needs.

### **Please Help Us Keep our Pools Clean & Healthy**

- Bathers should rinse off in a shower before entering the pool.
- Bathers must wash their hands thoroughly with soap and hot water after using the restroom or after changing a diaper.
- Diaper-age children or children who are not toilet trained must wear a swimsuit diaper or closely fitting plastic pants.
- Parents must make frequent diaper checks of their children's diapers. A diaper check must be made before placing the child in a pool. Diaper checks must be made with the child out of the water.
- Diaper changing is not allowed at poolside. Please use changing tables in restrooms.
- Any person suffering from diarrhea or a waterborne transmitted communicable disease shall not be allowed in the pool, per Maryland state law.
- Any person with open cut, blister, or lesion shall not be allowed in the pool, per Maryland state law. Please remove and dispose of bandages properly before entering the pool.
- Please alert the pool staff immediately if there has been a fecal accident.
- If there is a fecal accident in the water, the pool will be closed until a cleanup is completed. Fecal accidents are a public health risk that can cause the spread of disease from person to person in the water.

### **Lap Lane Etiquette**

- Ask before entering a lane and enter at the shallow end (sit on the side for the swimmer to see you before entering the lane).
- Please do not dive into lap lanes. (Diving is not permitted at any time in the outdoor Lap Pool.)
- Try to swim in a lane with someone of comparable speed