



# Weinberg Park Heights JCC Pool Schedule

## September 2019

**\*\*Pool closing for repairs starting Friday, September 27 through the end of October.\*\***  
*Stay tuned for updates.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Male Swim</b> 7:00-9:55am 4 Lap</p> <p><b>Female Swim</b> 10:00-11:00am 3 Lap, 1 general 11:00am--12:30pm 2 Lap, 2 general</p> <p><b>Female Lessons</b> 12:35-2:00pm Pool closed</p> <p><b>Female Swim</b> 2:05-3:05pm</p> <p><b>Male Swim</b> 3:10-4:05pm</p> <p><b>Male Lessons</b> 4:10-5:40pm Pool closed</p> <p><b>Male Swim</b> 5:45-6:30pm</p>	<p><b>Coed Swim</b> 5:30-7:25am 4 Lap</p> <p><b>Male Swim</b> 7:30-9:55am</p> <p><b>Female Swim</b> 10:00am-2:55pm</p> <p><b>Coed Swim</b> 3:00-5:00pm 4 Lap</p> <p><b>Male Swim</b> 5:05-7:25pm</p> <p><b>Female Swim</b> 7:30-9:30pm <i>Aqua Zumba in shallow end, 7:30-8:15pm (2 lanes)</i> <i>Adult Only, 9:00-9:30pm</i></p>	<p><b>Coed Swim</b> 5:30-7:25am 4 Lap <i>1 Lane closed for swim team</i></p> <p><b>Female Swim</b> 7:30am-12:30pm <i>Aerobics class in shallow end, 8:45-9:30am, (2 lanes)</i> <i>Aerobics class in general shallow end, 9:45-10:30am (2 lanes)</i></p> <p><b>Male Swim</b> 12:35-3:30pm</p> <p><b>Coed Swim</b> 3:35-4:25pm</p> <p><b>Female Swim</b> 4:30-6:25pm</p> <p><b>Male Stroke Clinic</b> 6:30-7:30pm, <i>Pool closed</i></p> <p><b>Male Swim</b> 7:35-11:00pm, <i>Adults Only, 9:30-11:00pm</i></p>	<p><b>Coed Swim</b> 5:30-7:25am 4 Lap</p> <p><b>Male Swim</b> 7:30am-8:40am</p> <p><b>Coed Swim</b> 8:45-9:55am <i>Water Aerobics in shallow end, 8:45-9:30am (2 lanes)</i></p> <p><b>Male Swim</b> 10:00am-12:00pm</p> <p><b>Female Swim</b> 12:05-3:25pm</p> <p><b>Coed Swim</b> 3:30-4:30pm 4 Lap</p> <p><b>Male Swim</b> 4:35-6:25pm</p> <p><b>Female Stroke Clinic</b> 6:30-7:30pm, <i>Pool closed</i></p> <p><b>Female Swim</b> 7:35-9:30pm, <i>Adults Only, 9:00-9:30pm</i></p>	<p><b>Coed Swim</b> 5:30-7:25am 4 Lap <i>1 Lane closed for swim team</i></p> <p><b>Female Swim</b> 7:30-11:30am <i>Aerobics class in shallow end, 8:45-9:30am, (2 lanes)</i> <i>Aerobics class in general shallow end, 9:45-10:30am (2 lanes)</i></p> <p><b>Male Swim</b> 11:35am-2:30pm</p> <p><b>Coed Swim</b> 2:35-4:30pm</p> <p><b>Female Swim</b> 4:35-7:25pm</p> <p><b>Male Swim</b> 7:30-9:30pm <i>Adults Only, 9:00-9:30pm</i></p>	<p><b>Coed Swim</b> 5:30-7:25am 4 Lap</p> <p><b>Male Swim</b> 7:30-8:30am</p> <p><b>Female Swim</b> 8:35am-12:30pm <i>Aerobics class in shallow end, 8:45-9:30am, (2 lanes)</i> <i>Aerobics class in general shallow end, 9:45-10:30am (2 lanes)</i></p> <p><b>Coed Swim</b> 12:35-1:55pm 4 Lap</p> <p><b>Male Swim</b> 2:00pm-Close</p>

Pool schedules can also be found online at [jcc.org/poolschedule](http://jcc.org/poolschedule).



# Weinberg Park Heights JCC Pool Schedule

## POOL RULES

- Lifeguard(s) on duty have the final say regarding all pool rules, pool regulations and pool situations.
- Swim Classes of any kind take precedence over lap and general and the lanes
- State law requires soap showers immediately before entering pool.
- ALL swimmers with earlobe-length hair or longer are encouraged to wear a swim cap. Tying hair up is acceptable.
- Diving is only permitted in the deep end of the pool. No Use of Starting Blocks!
- All children under the age of 11 must take and pass a deep end swim test to swim in water over 5 feet. Anyone struggling to swim in deep water may be required to take the test.
- No car seats or strollers are permitted on the pool deck.
- No running on pool deck, no pushing/horseplay, no jumping on one another in and around pool.
- Children age 11 and over may swim on their own. An adult must supervise children ages of 7-10 years old. Children under age 7 are not allowed in the pool unless an adult accompanies them in the water. An adult swimming laps is not considered supervision!
- During female-only and male-only swims, children under age six of the opposite gender are allowed.
- An ADULT is any person age 18+.
- Water wings or other inflatable flotation devices are not allowed.
- Infants and toddlers, who are not potty trained, MUST WEAR specially made swim diapers, i.e. little swimmies. No disposable diapers or rubber pants are permitted in the pool.
- A proper bathing suit is required in the pool. No underwear, cut-off jeans/pants or colored t-shirts are allowed.
- No street shoes are allowed on the pool deck. You must wear a different pair of shoes on the deck—other than you wear outside (e.g. pool shoes, sandals, slippers, etc.).
- All Band-Aids and bandages must be removed before entering pool. If you have an open wound or cut, you will NOT be permitted to swim in the pool.
- No spitting in the pool or on the pools deck.
- A maximum of 5 swimmers per lap lane at one time, except during Swim Team. If there are more than 2 swimmers in a lane, please circle-swim with others in the lane.
- If you are not doing continuous back and forth swimming in a lap lane, you will be asked to exit that lane. One lane will be allocated for the non-lap swimmers.

***THE FAMILY CHANGING ROOM AREA IS ALWAYS COED, and the window to the hall is never covered. Please plan accordingly.***

*\*Management reserves the right to change lane usage and close/open the pool for use as necessary.*

*Please direct all suggestions and/or comments to the Aquatics Coordinator, 410.500.5931*