

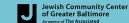
Rosenbloom Owings Mills JCC

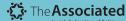
Indoor Pool Schedule

Effective September 7, 2023
Schedule subject to change due to limited lifeguard availability and aquatic programming

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-7:30am Swim Team (4) Lap Swim (2)	6:00-9:00am <i>Lap Swim (4) General Swim (2)</i>	6:00-9:00am Lap Swim (4) General Swim (2)	6:00-7:00am Lap Swim (2) Swim Team (4)	6:00-9:30am Lap Swim (4) General Swim (2)	6:00-7:00am Lap Swim (2) Swim Team (4)	7:00-7:30am Lap Swim (2) Swim Team (4)
7:30-9:00am <i>Lap Swim (3) Swim Team (3)</i>	9:00-10:00am Lap Swim (2) Lessons/Training (2) General Swim (2)	9:00-4:45pm Lap Swim (2) Lessons/Training (2) General Swim (2)	7:00-9:30am Lap Swim (2) Lessons/Training (2) General Swim (2)	9:30-10:15am Water Aerobics (3) Lap Swim (1) Lessons/Training (2)	7:00-9:00am Lap Swim (4) General Swim (2)	7:30-9:00am <i>Lap Swim (3) Swim Team (3)</i>
9:00-12:00pm Lap Swim (2) Lessons/Training (4)	10:00-10:40am Water Aerobics (3) Lap Swim (1) Lessons/Training (2)	4:45-6:15pm Lap Swim (1) Lessons/Training (2) Swim Team (3)	9:30-10:30am <i>Water Aerobics (3) Lap Swim (3)</i>	10:30-11:15am Water Aerobics (3) Lap Swim (1) Lessons/Training (2)	9:00-10:30am Lap Swim (2) Lessons/Training (2) General Swim (2)	9:00am-12:00pm Lap Swim (2) Lessons /Training (4)
12:00-6:00pm Lap Swim (2) Lessons/Training (2) General Swim (2)	10:45-11:45am Arthritis Class (2) Lap Swim (2) Lessons/Training (2)	6:15-7:00pm Lap Swim (2) Swim Team (4)	10:30-11:15am Arthritis Class (2) Lap Swim (2) Lessons/Training (2)	11:15am-4:45pm Lap Swim (2) Lessons/Training (2) General Swim (2)	10:30-11:15am Arthritis Class (2) Lap Swim (2) Lessons/Training (2)	12:00-6:00pm Lap Swim (2) Lessons /Training (2, General Swim (2)
	11:45am-2:45pm Lap Swim (2) Lessons/Training (2) General Swim (2)	7:00-8:00pm CLOSED FOR SWIM TEAM	11:15am-2:45pm Lap Swim (2) Lessons/Training (2) General Swim (2)	4:45-6:15pm Lap Swim (1) Lessons/Training (2) Swim Team (3)	11:15am-2:45pm Lap Swim (2) Lessons/Training (2) General Swim (2)	
	2:45-3:30pm POOL CLOSED 3:30-5:00pm Lap Swim (2) Lessons/Training (2) General Swim (2)	8:00-8:30pm Lap Swim (2) Swim Team (3) General Swim (1)	2:45-3:30pm POOL CLOSED 3:30-5:00pm Lap Swim (2) Lessons/Training (2) General Swim (2)	6:15-7:00pm Lap Swim (2) Swim Team (4) 7:00-8:00pm CLOSED FOR SWIM TEAM	2:45-3:30pm POOL CLOSED 3:30-6:00pm Lap Swim (2) Lessons/Training (2) General Swim (2)	
	5:00-7:00pm Lap Swim (2) Swim Team (4) 7:00-8:00pm CLOSED FOR SWIM TEAM		5:00-7:00pm Lap Swim (2) Swim Team (4) 7:00-8:00pm CLOSED FOR SWIM	8:00-8:30pm Lap Swim (2) Swim Team (3) General Swim (1)	Concrut Smin (2)	
	8:00-8:30pm Lap Swim (2) Swim Team (3) Lessons (1)		8:00-8:30pm Lap Swim (2) Swim Team (3) Lessons (1)			

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. **Program space not utilized reverts to Lap/General use** Please see next page for Pool Policies







Rosenbloom Owings Mills JCC Indoor Pool

POOL SAFETY RULES

- 1. Children ages 7 and under who cannot swim on their own or pass a swim test, must be actively supervised by an adult guardian who is within arms reach.
- 2. Children ages 8-10 must be supervised by an adult.
- 3. Prolonged underwater swimming or breath holding is not allowed.
- 4. 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.
- 5. Running, dunking, pushing, or throwing persons into the pool is not permitted. No horseplay, riding on shoulders, excessive splashing or dunking allowed.
- 6. Inflatables (balls, rafts, water wings, etc.) are not permitted. Individuals requiring flotation assistance may use US Coast-Guard approved PFDs (life vests.)
- 7. Hanging on the ropes, ladders or other pool equipment is not permitted.
- 8. Non-swimmers must stay in the shallow water.
- 9. 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

- A proper bathing suit is required in the pool. No underwear or non-aquatics clothing allowed in the pool.
- 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.
- 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 and off of the pool deck.
- 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). Up to 4 patrons can share a lap 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.
- Circle swim is required in lap lanes if three or more people are swimming in the lane.



