



Rosenbloom Owings Mills JCC

Indoor Pool Schedule

Effective January 2025

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 Lap Swim (4) General Swim (2)	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 Lap Swim (3) Swim Team (3)	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 Lap Swim (3) Swim Team (3)
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 Water Aerobics (3) Lap Swim (3)	10:30-11:15am Deep 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	8:00-8:30pm Lap Swim (2) Swim Team (3) General Swim (1)	2:45-3:30pm POOL CLOSED	6:15-7:00pm Lap Swim (2) Swim Team (4)	2:45-3:30pm POOL CLOSED	
	3:30-5:00pm Lap Swim (2) Lessons/Training (2) General Swim (2)		3:30-5:00pm Lap Swim (2) Lessons/Training (2) General Swim (2)	7:00-8:00pm CLOSED FOR SWIM TEAM	3:30-6:00pm Lap Swim (2) Lessons/Training (2) General Swim (2)	
	5:00-7:00pm Lap Swim (2) Swim Team (4)		5:00-7:00pm Lap Swim (2) Swim Team (4)	8:00-8:30pm Lap Swim (2) Swim Team (3) General Swim (1)		
	7:00-8:00pm CLOSED FOR SWIM TEAM		7:00-8:00pm CLOSED FOR SWIM TEAM			
	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

Questions? Contact the Aquatics Hotline: 410.559.3530





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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.