



# Rosenbloom Owings Mills JCC

## Indoor Pool Schedule Effective February 2025

Schedule subject to change due to limited lifeguard availability and aquatic programming

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





# 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.