



# Weinberg Park Heights JCC Pool Schedule

## Effective March 8, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Male Swim</b> 7:15-10:00 am 4 Lap Lanes</p> <p><b>Female Swim</b> 10:15 am-12:30 pm 2 lanes lessons/ deep water treading 2 Lap Lanes</p> <p>12:30 - 2:45 pm 2 lanes family swim/deep water treading 2 Lap Lanes</p> <p><b>Male Swim</b> 3:00 - 6:30 pm 4 Lap Lanes</p>	<p><b>Male Swim</b> 6:15 am-1:45 pm 4 Lap Lanes</p> <p><b>Female Swim</b> 2:00 - 6:45 pm 4 Lap</p> <p>6:45 - 7:30 pm 2 Lap Lanes 2 Lanes- Aqua Zumba/ deep water treading</p> <p>7:30 - 9:00 pm 4 Lap Lanes</p>	<p><b>Female Swim</b> 6:15 - 10:10 am 4 Lap Lanes</p> <p><b>10:15 - 11:00 am</b> 2 Lap Lanes 2 Lanes - Water Aerobics / deep water treading</p> <p>11:00 am - 1:45 pm 4 Lap Lanes</p> <p><b>Male Swim</b> 2:00 - 8:30 pm 4 Lap Lanes</p>	<p><b>Male Swim</b> 6:15 am-1:45 pm 4 Lap Lanes</p> <p><b>Female Swim</b> 2:00 - 6:45 pm 4 Lap</p> <p>6:45 - 7:30 pm 2 Lap Lanes 2 Lanes- Aqua Zumba/ deep water treading</p> <p>7:30 - 9:00 pm 4 Lap Lanes</p>	<p><b>Female Swim</b> 6:15 - 10:10 am 4 Lap Lanes</p> <p><b>10:15 - 11:00 am</b> 2 Lap Lanes 2 Lanes - Water Aerobics / deep water treading</p> <p>11:05 am - 12:00 pm 1 Lane - Aqua Arthritis class/ deep water treading 3 Lap Lanes</p> <p>12:45 - 1:45 pm 4 Lap Lanes</p> <p><b>Male Swim</b> 2:00 - 8:30 pm 4 Lap Lanes</p>	<p><b>Female Swim</b> 6:15 - 10:15 am 4 Lap Lanes</p> <p><b>10:15 - 11:00 am</b> 2 Lap Lanes 2 Lanes - Water Aerobics / deep water treading</p> <p>11:00 am - 11:45 am 4 Lap Lanes</p> <p><b>Male Swim</b> 12:00 - 5:00 pm 4 Lap Lanes</p>

**Reservations are required for water aerobics on Tuesday, Thursday and Friday mornings**

Please check the pool schedule on our website before planning your swim, as some last-minute changes may occur.  
Visit [jcc.org/poolschedule](http://jcc.org/poolschedule)

Click 'Show Filters' and choose location as Aquatics Park Heights

Contact Abigail Israel: 410.500.5972 | [aisrael2@jcc.org](mailto:aisrael2@jcc.org)





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## POOL RULES

- Masks must be worn in the locker room and on the pool deck at all times.
- 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 swim.
- State law requires soap showers immediately before entering pool. Please complete your post swim shower at home.
- 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 pool 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. Lifeguards have the right to tell you to switch lanes when pool is busy.

***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 Director, 410.559.3542*