Weinberg Park Heights JCC Pool Schedule

Effective November 23, 2026

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

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**

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

Contact Abigail Israel: 410.500.5972 | aisrael2@jcc.org

Jewish Community Center of Greater Baltimore
An agency of The Associated
The Associated
Jewish Federation of Baltimore

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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