


October 2017 Indoor Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Pool Opened at 5:30am								
Pool Opens at 7:00am						Pool Opens at 7:00am		
4 Lap Lanes 2 Open Swim 5:30am-9:00am	4 Lap Lanes 2 Open Swim 5:30am-9:00am	4 Lap Lanes 2 Open Swim 5:30am-9:00am	4 Lap Lanes 2 Open Swim 5:30am-9:00am	4 Lap Lanes 2 Open Swim 5:30am-9:00am	4 Lap Lanes 2 Open Swim 5:30am-9:00am	4 Lap Lanes 2 Open Swim Aqua Boot Camp 3 Lanes 8am-8:48am 3 Lap Lanes		
	Mild Water Mvmt 9-9:45am 2 Lap/ 2 Open Lanes	Mild Water Mvmt 9-9:45am	Mild Water Mvmt 9-9:45am	Mild Water Mvmt 9-9:45am 2 Lap/ 2 Open Lanes	4 Lap Lanes 2 Open Swim Lanes 9:00am-3:00pm	Red Cross Swim Lessons *No Open* Swim 9:00-12:00am 2 Adult Lap Lanes		
	2 Lap Lap Lanes 2 Open 2 Open Swim Lanes 9:00am-5:30pm	4 Lap Lanes 2 Open Swim Lanes 10:00am-4:30pm	9:30am-11:30am 2 lap Lanes 1 Open Swim Lane	9:30am-11:30am Aqua Boot Camp 3 Lanes 10:45-11:30 *No Open Swim* 10:30-11:30am		4 Lap/2 Swim Lanes 9:45am-1:00pm	2 Lap Lanes 4 Open Swim Lanes 12:00pm-5:30pm	
			3 Lap/ 3 Swim Lanes 11:30am-1:00pm	*No Open Swim* 10:30-11:30am				
			Lippman Swim 1:00pm-3:30pm 3 Lanes/ 2 Open/ 1 Lap Lanes	1 Adult Lap Lane				Lippman Swim 1:00pm-3:30pm 3 Lanes/ 2 Open/ 1 Lap Lanes
			4 Lap Lanes 2 Open Swim Lanes	2 Lap Lanes 4 Open Swim Lanes 11:30am-4:30pm				2 Lap Lanes 2 Open Swim Lanes KidSpace 2 Lanes 4:30pm-5:15pm Aqua Boot Camp
Pool Closes Friday, Saturday & Sundays at 5:30pm	Red Cross Swim Lessons 5:00-7:15pm *No Open Swim* 2 Adult Lap Lanes	Aqua Fit 6:00pm-7:00pm 3 Lanes 2 Open/ 1 Lap Lanes	Red Cross Swim Lessons 5:00-7:15pm *No Open Swim* 2 Adult Lap Lanes	5:30pm-6:30pm 3 Lanes 2 Open/ 1 Lap Lanes	<div>Shaw JCC Akron</div> <div>Upcoming Events J Slash Movie Night Thursday Oct. 19th 6:45pm- 8:30pm</div>			
	Open 4 Lap/ 2 Swim Lanes 7:15-Close	Stroke Clinic 6:15-7pm 2 Lanes Open 2 Lap/ 2 Swim Lanes 7:00pm-Close	Open 4 Lap/ 2 Swim Lanes 7:15-Close	Stroke Clinic 6:15-7pm 2 Lanes Open 2 Lap/ 2 Swim Lanes 6:30pm-Close				
		Pool Closes at 8:30pm Monday-Thursday						
Text @shawjcc to 81010 for class cancellations and aquatics updates								



Upcoming Events
J Slash Movie Night
Thursday Oct. 19th
6:45pm- 8:30pm

Aquatic Class Descriptions

MILD WATER MOVEMENT: Monday through Thursday at 9:00am – 9:45am

Low to medium intensity level workout for people with arthritis, MS, or joint/muscle pain. Increase range of motion and strengthen muscles while improving balance and coordination.

AQUA FIT: Tuesdays 6:00pm – 7:00pm

Medium to high intensity level workout offers a combination of moves in the shallow or deep water to build strength and endurance.

AQUA BOOT CAMP: Wednesday 10:45am-11:30am & Thursdays 5:30pm-6:30pm & Saturday 8:00am – 8:45am

Medium to high intensity level workout designed to condition, tone and firm muscles while burning calories by using water resistance.

Pool Rules

1. Please obey all lifeguard instructions; failure to do so may result in patron being asked to leave.
2. Proper swim attire is required. No street clothes, cut offs, denim shorts, or thong bathing suits are permitted in the pool area, unless deemed appropriate for religious purposes.
3. Children under the age of 13 years old must be accompanied by a parent or guardian at all times. All children under 6 years of age must be accompanied in the water by parent or guardian. Children who cannot swim must be within an arm's reach of a parent or guardian and remain in the shallow end.
4. Glass containers are not allowed in the Aquatic area.
5. Food and drinks are not allowed in the Aquatic facility, except for water in unbreakable containers.
6. No running on the pool deck.
7. No pushing, shoving, throwing, dunking, horseplay, or inappropriate behavior is allowed.
8. No diving or jumping into the pool.
9. Starting blocks shall not be used for any purpose other than for swim team or swim lessons.
10. No hanging on lane lines, ropes, or rails.
11. Children who are not toilet trained must wear swim diapers.
12. During peak hours, pool patrons must share lanes and circle swim.
13. The pool will be closed for 30 minutes in cases of bad weather (thunder, lighting, tornado warnings, etc.).
14. Swim lessons and personal training by authorized JCC personnel or by authorized groups only.
15. Band-aids, gum, and trash must be deposited in the trash cans before entering the aquatic area.
16. Spitting, spouting water, blowing the nose, or discharging bodily waste in the pool is strictly prohibited.
17. All persons using the swimming pool must take a shower before entering the pool enclosure.
18. Persons having open blisters or cuts are advised not to use the pool.
19. There is no open swim time during group swim lessons.
20. Adults 16+ have preference in lap swim lanes.
21. **This schedule is subject to change.**



Swim Lessons Offered Here

Call today to register
(330) 867-7850

