

## WORCESTER JCC – INDOOR POOL SCHEDULE

INDOOR POOL.....SATURDAY, JUNE 7<sup>TH</sup> – AUGUST 13<sup>TH</sup>, 2010-----Subject to change

\*DeepWater, \*WaterWorks, & \*Aqua Challenge...effective Monday, June 21<sup>st</sup>

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	*INDOOR POOL Adult Open / Lap Swim 7am-12 noon  *Begins June 20 <sup>th</sup>	<b>LAP SWIM...6:00 – 9:00 AM</b> (see below for the number of available open lanes)					
		Lap Swim 6:30-8:00 am (3 lanes open)	Master Swim 6:15–7:15 am (June 8–Aug 3) (3 lanes open)	Lap Swim 6:30-8:00 am (3 lanes open)	Master Swim 6:15–7:15 am (June 10–Aug 5) (3 lanes open)	Master Swim 6:30-7:30 am (June 25–Aug 6) (4 lanes open)	
		Swim Team 6:30-8:00 am (using 3 lanes)	Lap Swim 7:15–8:00 am (6 lanes open)	Swim Team 6:30-8:00 am (using 3 lanes)	Lap Swim 7:15–8:00 am (6 lanes open)	Lap Swim 7:30–8:00 am (6 lanes open)	
		Lap Swim 8:00-9:00 am (1 lane open)	Lap Swim 8:00-9:00 am (2 lanes open)	Lap Swim 8:00-9:00 am (1 lane open)	Lap Swim 8:00-9:00 am (2 lanes open)	Lap Swim 8:00-9:00 am (1 lane open)	
		Waterworks 8:00-8:45 am (1 lane open)	Deep Water 8:00-8:45 am (2 lanes open)	Waterworks 8:00-8:45 am (1 lane open)	Deep Water 8:00-8:45 am (2 lanes open)	Waterworks 8:00-8:45 am (1 lane open)	
*INDOOR POOL Adult Lap Swim 1:00 – 2:00 pm  *Begins June 19 <sup>th</sup>		<b>SUMMER CAMPS .... 9:00 am – 12:15 pm ... June 21 – August 13</b>					
		<b>SENIOR SWIM.....12:15 – 1:00 pm – (1 adult lap lane)</b>					
		<b>SUMMER CAMPS ....1:00 – 2:30 pm ... June 21 – August 13</b>					
		<b>ADULT....LAP &amp; OPEN SWIM.....2:30 – 4:00 pm</b>					Open & Lap 2:30-3:00 pm
		<b>SWIM LESSON CAMPS.....3:30 – 4:30 pm</b>					Swim Team 3:00-5:00 pm (1 lane open)
		<b>SWIM TEAM.....4:00 – 7:00 pm June 21<sup>st</sup> through August 6<sup>th</sup></b> Beginning August 9 <sup>th</sup> ... <b>OPEN &amp; LAP SWIM</b>					
		Open & Lap 7:00-9:00 pm (all lanes open)		Open & Lap 7:00-9:00 pm (all lanes open)			
			AquaChallenge 7:10-7:55 pm (2 lanes open)		Deep Water 7:10-7:55 pm (2 lanes open)		
			Open & Lap 7:55-9:00 pm		Open & Lap 7:55-9:00 pm		

**NO CHILDREN IN THE POOL DURING.....SENIOR SWIM, DEEP WATER, WATERWORKS & AQUA CHALLENGE**

### INDOOR - POOL RULES: FOR YOUR SAFETY AND ENJOYMENT

1. Any child 5 and under, regardless if he/she can swim or not, **MUST** have a parent in the water with the child.
2. Any child 7 and under, who needs to wear a flotation device to swim **MUST** have an adult in the water with the child.
3. Any child who can swim and is under 10 **MUST** have an adult present on the pool deck.
4. **Long hair needs to be tied back or a bathing cap worn.**
5. **All swimmers must take a cleansing shower before entering the pool.**
6. Smoking and all glass products are prohibited in the pool area.
7. No running, pushing, jumping or horseplay will be permitted in or around the pool.
8. Children may wear arm flotation devices **ONLY** if they are also wearing a swim “bubble”.
9. All swimmers must wear proper bathing suits. No cut-offs, t-shirts, gym shorts or sweats.
10. Infants/toddlers not yet toilet trained must wear swim diapers.
11. Lane lines are not to be sat on or abused.
12. Indoor Pool: **NO** diving allowed from the deck or starting blocks. Outdoor Pool: Diving in deep water only.
13. **Masks, fins and snorkels allowed for fitness swimming/training ONLY, not for recreational swim.**
14. Lifesaving equip. & lifeguard stand is for exclusive use of lifeguards. Please don't hang personal items.
15. Persons with open sores and/or communicable diseases not allowed in the pool. **No bandages/band-aids allowed.**
16. JCC pool staff have final authority to interpret and enforce all pool rules as they see fit.