

~~~~ WORCESTER JCC - SWIM SCHEDULE ~~~~

Effective.....Monday, March 1 through Sunday, March 21, 2010

·Subject to Change

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		LAP SWIM....6:00 - 9:00 AM (see below for the number of available open lanes)					
	Lap Swim 7:00-8:00 am (6 lanes open)	Lap Swim 6:00-9:00 am (6 lanes open)	Master Swim Class 6:15-7:15 am (3 lanes open)	Lap Swim 6:00-8:15 am (6 lanes open)	Master Swim Class 6:15-7:15 am (3 lanes open)	Lap Swim 6:00-9:00 am (6 lanes open)	
	Swim Lessons 9:00-11:00 am (2 adult lap lanes open)		Deep Water 8:15-9:00 am (*2 lanes open)	Deep Water 8:15-9:00 am (*2 lanes open)	Deep Water 8:15-9:00 am (*2 lanes open)		
		Waterworks 9-9:45 am (1 lane open)	Open & Lap 9:00-9:30 am	Waterworks 9-9:45 am (1 lane open)	Open & Lap 9:00 - 9:30 am	Waterworks 9-9:45 am (1 lane open)	
		Open & Lap Swim 9:45-10:45 am	Swim Lessons 9:30-11 am (2 lanes open)	Open & Lap Swim 9:45-10:45 am	Swim Lessons 9:30-11:00 am (2 lanes open)	Open & Lap Swim 9:45-11:00 am	
	Open and Lap Swim 11:00- 5:30 pm When birthday Pool party is scheduled... Lanes 5 & 6 will be used for the party	Master Swim Class 10:45am-12noon (using 3 lanes) Open swim	Open & Lap 11 am - 1 pm	Master Swim Class 10:45 am-12noon (using 3 lanes) Open swim	Open & Lap 11 am - 1 pm	Open & Lap 11 am - 1 pm	
		Open & Lap 12noon - 1 pm		Open & Lap 12noon - 1 pm			
	Open and Lap Swim 1 - 5:30 pm	Swim Team 3:30-5 pm (using 3 lanes)	SENIOR SWIM.....1:00 - 2:00 pm.....(1 adult lap lane)				
			OPEN & LAP SWIM.....2:00-3:30 pm				
			LAP SWIM.....3:30-4:30 pm...(4 lanes open)				
ASSP 3:00-4:00 pm			Swim Lessons 3:30 -4:30 pm	Swim Lessons 3:30 - 4:30 pm	Swim Lessons 3:30 - 4:30 pm		
SWIM TEAM.....4:30 - 7:00 PM(no lane open)							
Open & Lap 7:00-9:00 pm		Aqua Challenge 7:10-7:55 pm (*2 lanes open)	Open & Lap 7:00-9:00 pm	Aqua Challenge (Deep) 7:10-7:55 pm (*2 lanes open)			
Swim Team 7:00-8:00 pm (using 3 lanes)		Open & Lap 7:55-9:00 pm	Swim Team 7:00-8:00 pm (using 3 lanes)	Open & Lap 7:55-9:00 pm			

NO CHILDREN in the pool during...Senior Swim & Aqua Aerobics (Deep Water, Waterworks & Aqua Challenge)

*** Depending on class size - only one lane may be open.**

INDOOR POOL RULES: FOR YOUR SAFETY AND ENJOYMENT

- Any child 5 and under, regardless if he/she can swim or not, **MUST** have a parent in the water with the child.
- Any child 7 and under, who needs to wear a flotation device to swim **MUST** have an adult in the water with the child.
- Any child who can swim and is under 10 **MUST** have an adult present on the pool deck.
- Long hair needs to be tied back or a bathing cap worn.**
- ALL SWIMMERS MUST TAKE A CLEANSING SHOWER BEFORE ENTERING THE POOL.**
- All glass products are prohibited in the pool area.
- Smoking is prohibited on JCC property.
- No running, pushing, jumping or horseplay will be permitted in or around the pool.
- Children may wear arm flotation devices **ONLY** if they are also wearing a swim "bubble".
- All swimmers must wear proper bathing suits. No cut-offs, t-shirts, gym shorts or sweats.
- Infants/toddlers not yet toilet trained must wear swim diapers.
- No sitting on or abuse of lane lines.
- NO** diving allowed from the deck or starting blocks.
- Masks, fins and snorkels allowed for fitness swimming/training ONLY, not for recreational swim.**
- Lifesaving equipment & lifeguard stand is for exclusive use of lifeguards. Please don't hang personal items.
- Persons with open sores and/or communicable diseases not allowed in the pool. **No bandages/band-aids allowed.**
- JCC pool staff have final authority to interpret and enforce all pool rules as they see fit.