

~~~ WORCESTER JCC - SWIM SCHEDULE ~~~

Effective.....Monday, November 28 ... (Schedule subject to change) ... Revised 12/5/11

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Lap Swim 7:00- 9:00 am (6 lanes open) Open & Lap Swim 9am - 5:30pm	Lap Swim 7:00-9:00 am (6 lanes open)	LAP SWIM....Mon./6-9am ...Tues.-Fri./6-8am (see below for the number of available open lanes)					Lap Swim 6:00-8:00 am (6 lanes open)
		Lap Swim 6:00-9:00 am (6 lanes open)	Lap Swim 6:00-8:00 am (6 lanes open)	Lap Swim 6:00-8:00 am (6 lanes open)	Lap Swim 6:00-8:00 am (6 lanes open)	Lap Swim 6:00-8:00 am (6 lanes open)	
	Swim Lessons 9:00-11:00 am (2 adult lap lanes open)	Deep Water 8:00-8:45 am (*2 lanes open)	Waterworks 8:15-9:00 am (1 lane open)	Spin-On-Water 8:00-9:00 am (NEW) (*2 lanes open)	Water In Motion 8:00-9:00 am (*2 lanes open)	Water In Motion 8:00-9:00 am (*2 lanes open)	
		Waterworks 9:00-9:45 am (1 lane open)	Water In Motion 9:00-10:00 am (*2 lanes open)	Waterworks 9:00-9:45 am (1 lane open)	Open & Lap Swim 9:45-11:00 am	Waterworks 9:00-9:45 am (1 lane open)	
		Open & Lap Swim 9:45-11:00 am	Swim Lessons 9:30-11 am (*2 lanes open)	Open & Lap Swim 10:00-11:00 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 11:00am-12noon (using 3 lanes) Open swim	Open & Lap 11 am - 1 pm	Master Swim Class 11:00 am-12noon (using 3 lanes) Open swim	Open & Lap 11 am - 1 pm	Open & Lap 11 am - 1 pm	
		Open & Lap 11:00 am - 1 pm	Open & Lap 11:00 am - 1 pm	Open & Lap 11:00 am - 1 pm	Open & Lap 11 am - 1 pm	Open & Lap 11 am - 1 pm	
	SENIOR SWIM.....1:00 - 2:00 pm.....(1 adult lap lane)						
	OPEN & LAP SWIM.....2:00 - 3:00pm (Monday & Friday) 2:00 - 3:30 pm (Tuesday, Wednesday, Thursday)						
	WRHS SWIM TEAM 3:00 - 4:30 pm (11/28/11 to 2/24/12-using 4 lanes)						
		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 Lessons 3:30 - 4:30 pm	Lap Swim 3:00 - 5:00 pm (1 lane open**)
	Swim Team 3-5 pm (using 4 lanes) JCC Wahoo Swim Meets Sundays... 1/29/12 2/19/12 3/4/12 Pool closed at 12noon	WAHOO SWIM TEAM.....4:30 - 7:00 PM(no lane open)					
		Open & Lap 7:00-9:00 pm	Aqua Challenge 7:05-8:05 pm (*2 lanes open)	Open & Lap 7:00-9:00 pm	Water In Motion 7:05-8:05 pm (*2 lanes open)	Open & Lap 7:00-9:00 pm	Water In Motion 7:05-8:05 pm (*2 lanes open)
		Varsity Swim Team 7:00-8:30 pm (using 3 lanes)	Open & Lap 8:05-9:00 pm	Varsity Swim Team 7:00-8:30 pm (using 3 lanes)	Open & Lap 8:05-9:00 pm	Varsity Swim Team 7:00-8:30 pm (using 3 lanes)	Open & Lap 8:05-9:00 pm

NO CHILDREN in the pool during...

Senior Swim & Aqua Aerobics (Deep Water, Waterworks, Aqua Challenge & Water in Motion)

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

****NO LANE due to swim meets - Dec. 9, Dec. 16, Jan. 16, Jan. 13, Jan. 20, Jan. 27**

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. All glass products are prohibited in the pool area.
7. Smoking is prohibited on JCC property.
8. No running, pushing, jumping or horseplay will be permitted in or around the pool.
9. Children may wear arm flotation devices **ONLY** if they are also wearing a swim "bubble".
10. All swimmers must wear proper bathing suits. No cut-offs, t-shirts, gym shorts or sweats.
11. Infants/toddlers not yet toilet trained must wear swim diapers.
12. No sitting on or abuse of lane lines.
13. **NO** diving allowed from the deck or starting blocks.
14. **Masks, fins and snorkels allowed for fitness swimming/training ONLY, not for recreational swim.**
15. Lifesaving equipment & lifeguard stand is for exclusive use of lifeguards. Please don't hang personal items.
16. Persons with open sores and/or communicable diseases not allowed in the pool. **No bandages/band-aids allowed.**
17. JCC pool staff have final authority to interpret and enforce all pool rules as they see fit.