



MAY-JUNE 2026

MARCIA & STANLEY F. REITER SWIMMING POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:10am 5-Lap/1-Water Walking	5:30-9:10am 5-Lap/1-Water Walking	5:30-9:10am 5-Lap/1-Water Walking	5:30-9:10am 5-Lap/1-Water Walking	5:30-8:30am 5-Lap/1-Water Walking	7:00-9:00am 5-Lap/1-Water Walking	7:00-9:00am 5-Lap/1-Water Walking
9:15-10:00am 4-Water Aerobics/2-Lap	9:15-10:00am 4-Water Aerobics/2-Lap	9:15-10:00am 4-Water Aerobics/2-Lap	9:15-10:00am 4-Water Aerobics/2-Lap	8:30-11:15am 4-Lap/Water Walking/ 1-Swim Lessons*	9:00-11:00am 4-Lap/ 2-Swim Lessons*	9:00-10:00am 3-Lap/3-Swim Lessons*
10:00-12:15pm 4-Lap/Water Walking/ 2-Beverly Levy Swim*	10:00-3:55pm 5-Lap/1-Water Walking	10:15-11:00am 3-Water Aerobics/3-Lap	10:00-12:15pm 4-Lap/Water Walking/ 2-Beverly Levy Swim*	11:15-12:00pm 4-Aqua Fitness/2-Lap	11:00-12:30pm 2-Lap/2-Family Swim/ 2-Swim Lessons*	10:00-11:00am 1-Lap/1-Circle Swim /4-Swim Lessons*
12:15-3:30pm 5-Lap/1-Water Walking		11:00-2:00pm 5-Lap/1-Water Walking	12:15-3:55pm 5-Lap/1-Water Walking	12:00-3:00pm 5-Lap/1-Water Walking	12:30-3:45pm 2-Lap/2-Family Swim/ 2-Birthday Parties*	11:00-1:30pm Group Lessons*
3:30-5:30pm 3-Lap/1-Family Swim/ 2-Swim Lessons*	4:00-5:30pm 2-Lap/4-Group Lessons*	2:00-2:45pm 2-JCC Care*/4-Lap	4:00-5:30pm 2-Lap/4-Group Lessons*	3:00-5:15pm 4-Lap/2-Family Swim		1:30-3:45pm 2-Circle Swim/ 2-Family Swim/ 2-Swim Lessons*
5:30-7:00pm Swim Team*	5:30-7:15pm Swim Team*	2:45-4:00pm 5-Lap/1-Water Walking	5:30-7:15pm Swim Team*	<p>Lightning/Thunder: Pool must close until 20 minutes after last clap of thunder</p> <p>If Water Aerobics has more than 40 participants, 5 lanes will be utilized</p> <p>If Deep-Water Aerobics has more than 15 participants, 4 lanes will be utilized</p> <p>Pool Schedule Subject to change Flip schedule over for holiday hours and pool rules Email: Swim@jccnh.org with any questions</p> <p>JCC Care aerobics class will begin May 20. Registration required.</p>		
7:00-7:30pm 2-Lap/2-Swim Team*/ 2-Adult Lessons*	7:15-7:30pm 3-Lap/3-Swim Team*	4:00-6:30pm 3-Lap/3-Swim Lessons*	7:15-7:30pm 3-Lap/3-Swim Team*			
7:30-8:45pm 3-Lap/2-Adult Lessons* /1-Chapel Haven*	7:30-8:45pm 3-Special Olympics*/ 3-Lap	6:30-7:30pm Masters Swim*	7:30-8:45pm 5-Lap/1-Water Walking			
		7:30-8:00pm 5-Lap/1-Water Walking				
		8:00-8:45pm Women's Only				

*Indicates Paid/Private program

Lap Swim	Water Aerobics**	Family Swim	Swim Lessons*	Swim Team*	Masters Swim*	Women's Only
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Shavuot:

May 21: Closing at 5:30pm

May 22: JCC Closed

Memorial Day:

May 25: Open 8:00am-12:00pm

MARCIA AND STANLEY F. REITER SWIMMING POOL RULES

ABSOLUTELY NO

- Running on pool deck
- Diving
- Water Walking/ Family swim during group swim lessons
- Hanging or sitting on lane lines or railings
- Street clothes in pool
- Glass or gum in the pool room

CIRCLE SWIMMING

- **Circle Swimming will be required in at least one lane during busy hours**

LAP LANE ETIQUETTE

- Lap lanes are for lap swimmers only
- When entering a lane that is occupied, please be courteous and announce to the other swimmer that you are entering the lane with them.
- For 3 or more swimmers in a lane you will have to circle swim, down on the right side of the lane, and back on the left
- If you are asked to move lanes for a swim lesson, please be courteous and find another lane to swim in.

PARENTS PLEASE READ THE JCC RULES FOR YOUR CHILD/CHILDREN'S SAFETY

- **Any child 9 years of age or younger must be accompanied in the water at all times by a parent/guardian 18 years of age or older.**
- One to two ratio for adults with non-independent swimmers.
- Shoulder length hair or longer must be tied back with a hair tie.
- Children who are not potty trained must wear a swim diaper and bathing suit.

The lifeguard on duty will ensure safety and enforce the pool rules. If the pool rules are not being followed the lifeguard has the authority to ask the person/people to leave the pool area.