

SUMMER, JUNE 21-AUGUST 15

MARCIA & STANLEY F. REITER SWIMMING POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00 5-Lap/1-Water Walking	5:30-7:00 5-Lap/1-Water Walking	5:30-7:00 5-Lap/1-Water Walking	5:30-7:00 5-Lap/1-Water Walking	5:30-7:30 5-Lap/1-Water Walking		
7:00-9:00 3-Lap/1-Water Walking 2-Circle Swim	7:00-9:00 3-Lap/1-Water Walking 2-Circle Swim	7:00-9:00 3-Lap/1-Water Walking 2-Circle Swim	7:00-9:00 3-Lap/1-Water Walking 2-Circle Swim	7:00-8:30 3-Lap/1-Water Walking 2-Circle Swim	7:00-9:00 5-Lap 1-Water Walking	7:00-10:00 5-Lap 1-Water Walking
9:15-10:00 4-Water Aerobics/2-Lap	9:15-10:00 4-Water Aerobics/2-Lap	9:15-10:00 4-Water Aerobics/2-Lap	9:15-10:00 4-Water Aerobics/2-Lap	8:30-10:00 1-Swim Lessons* 4-Lap/1-Water Walking	9:00-11:00 2-Swim Lessons* 4-Lap	
10:00-12:15 2-Beverly Levy Swim* 4-Lap		10:15-11:00 3-Deep Water Aerobics 3-Lap	10:00-12:15 2-Beverly Levy Swim* 4-Lap	10:00-11:00 1-Allie's Dream 1-Swim Lessons*/4-Lap		
12:15-2:00 5-Lap 1-Water Walking	10:00-5:30 5-Lap 1-Water Walking	11:00-2:00 2-Family Swim /Water Walking 4-Lap		11:15-12:00 4-Aqua Fitness/2-Lap	11:00-12:30 2-Family Swim 2-Swim Lessons* 2-Lap	10:00-3:45 3-Family Swim 1-Circle Swim 2-Lap
2:00-5:30 1-Family Swim 2-Swim Lessons* 3-Lap		2:00-2:45 2-JCC Care 7/8-8/12* 4-Water Walking	12:15-5:30 5-Lap 1-Water Walking	12:00-2:00 5-Lap 1-water Walking	12:30-3:45 2-Family Swim 2-Birthday Parties* 2-Lap	
		3:00-6:30 2-Swim Lessons* 4-Lap		2:00-5:15 2-Family Swim 4-Lap	Summer Weekend Hours begin July 5th Pool will close at 1:45 Sat/Sun Lightning/Thunder: Pool must close until 20 minutes after last clap of thunder If Water Aerobics has more than 40 participants, 5 lanes will be utilized If Deep-Water Aerobics has more than 15 participants, 4 lanes will be utilized Pool Schedule Subject to change Flip schedule over for holiday hours and pool rules Email: Swim@jcnh.org with any questions	
5:30-7:00 *Swim Team*	5:30-7:15 *Swim Team*		5:30-7:15 *Swim Team*			
7:00-7:30 2-Swim Team* 2-Adult Lessons*/2-Lap	7:15-7:30 3-Swim Team*/3-Lap	6:30-7:30 *Masters Swim* Ends July 29th	7:15-7:30 3-Swim Team*/3-Lap			
7:30-8:45 2-Adult Group Lessons* /1-Chapel Haven* 3-Lap	7:30-8:45 5-Lap 1-Water Walking	7:30-8:00 5-Lap/1-Water Walking	7:30-8:45 5-Lap 1-Water Walking			
		8:00-8:45 Women's Only				



July 4th: Open 8:00-12:00

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.