

# FALL 2026

## MARCIA & STANLEY F. REITER SWIMMING POOL SCHEDULE

| Monday                                                 | Tuesday                                             | Wednesday                                                       | Thursday                                            | Friday                                                                                                                                                                                                                                                                                                                                                               | Saturday                                                    | Sunday                                                        |
|--------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------|
| 5:30-7:00<br>5-Lap/1-Water Walking                     | 5:30-7:00<br>5-Lap/1-Water Walking                  | 5:30-7:00<br>5-Lap/1-Water Walking                              | 5:30-7:00<br>5-Lap/1-Water Walking                  | 5:30-7:30<br>5-Lap/1-Water Walking                                                                                                                                                                                                                                                                                                                                   |                                                             |                                                               |
| 7:00-9:00<br>3-Lap/1-Water Walking<br>2-Circle Swim    | 7:00-9:00<br>3-Lap/1-Water Walking<br>2-Circle Swim | 7:00-9:00<br>3-Lap/1-Water Walking<br>2-Circle Swim             | 7:00-9:00<br>3-Lap/1-Water Walking<br>2-Circle Swim | 7:00-8:30<br>3-Lap/1-Water Walking<br>2-Circle Swim                                                                                                                                                                                                                                                                                                                  | 7:00-9:00<br>5-Lap<br>1-Water Walking                       | 7:00-9:30<br>5-Lap<br>1-Water Walking                         |
| 9:15-10:00<br>4-Water Aerobics/2-Lap                   | 9:15-10:00<br>4-Water Aerobics/2-Lap                | 9:15-10:00<br>4-Water Aerobics/2-Lap                            | 9:15-10:00<br>4-Water Aerobics/2-Lap                | 8:30-11:00<br>1-Swim Lessons*<br>4-Lap/1-Water Walking                                                                                                                                                                                                                                                                                                               | 9:00-11:00<br>2-Swim Lessons*<br>4-Lap                      | 9:30-10:30<br>4-Group Lessons<br>2-Circle Swim                |
| 10:00-12:15<br>2-Beverly Levy Swim*<br>4-Lap           | 10:00-3:55<br>5-Lap<br>1-Water Walking              | 10:15-11:00<br>3-Deep Water Aerobics<br>3-Lap                   | 10:00-12:15<br>2-Beverly Levy Swim*<br>4-Lap        | 11:15-12:00<br>4-Aqua Fitness/2-Lap                                                                                                                                                                                                                                                                                                                                  | 11:00-12:30<br>2-Family Swim<br>2-Swim Lessons*<br>2-Lap    | 10:30-1:00<br>*Groups Lessons*                                |
| 12:15-3:30<br>5-Lap<br>1-Water Walking                 |                                                     | 11:00-2:00<br>5-Lap<br>1-Water Walking                          | 12:15-3:55<br>5-Lap<br>1-Water Walking              | 12:00-2:00<br>5-Lap<br>1-water Walking                                                                                                                                                                                                                                                                                                                               | 12:30-3:45<br>2-Family Swim<br>2-Birthday Parties*<br>2-Lap | 1:00-3:45<br>2-Family Swim<br>2-Circle Swim<br>2-Swim Lessons |
| 3:30-5:30<br>1-Family Swim<br>2-Swim Lessons*<br>3-Lap |                                                     | 2:00-2:45<br>2-JCC Care*<br>4-Lap                               |                                                     | 2:00-5:15<br>2-Family Swim<br>4-Lap                                                                                                                                                                                                                                                                                                                                  |                                                             |                                                               |
| 5:30-7:00<br>*Swim Team*                               | 4:00-5:30<br>4-Group Lessons*<br>2-Circle Swim      | 3:00-6:30<br>2-Swim Lessons*<br>4-Lap                           | 4:00-5:30<br>4-Group Lessons*<br>2-Circle Swim      | <p>If Water Aerobics has more than 40 participants,<br/>5 lanes will be utilized</p> <p>If Deep-Water Aerobics has more than 15 participants,<br/>4 lanes will be utilized</p> <p>Pool Schedule Subject to change</p> <p>Flip schedule over for holiday hours and pool rules</p> <p>Email: <a href="mailto:Swim@jccnh.org">Swim@jccnh.org</a> with any questions</p> |                                                             |                                                               |
| 7:00-7:30<br>2-Swim Team*<br>2-Adult Lessons*/2-Lap    | 5:30-7:15<br>*Swim Team*                            | 6:30-7:30<br>*Masters Swim*                                     | 5:30-7:15<br>*Swim Team*                            |                                                                                                                                                                                                                                                                                                                                                                      |                                                             |                                                               |
|                                                        | 7:15-7:30<br>3-Swim Team*/3-Lap                     |                                                                 | 7:15-7:30<br>3-Swim Team*/3-Lap                     |                                                                                                                                                                                                                                                                                                                                                                      |                                                             |                                                               |
| 7:30-8:45<br>1-Chapel Haven*<br>5-Lap                  | 7:30-8:45<br>5-Lap<br>1-Water Walking               | 7:30-8:00<br>5-Lap/1-Water Walking<br>8:00-8:45<br>Women's Only | 7:30-8:45<br>5-Lap<br>1-Water Walking               |                                                                                                                                                                                                                                                                                                                                                                      |                                                             |                                                               |



**September 20: 3:00 Close**  
**September 21: JCC Closed**  
**September 26: JCC Closed**

**October 3: JCC Closed**  
**November 26: 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.**