



# AUGUST INDOOR POOL SCHEDULE

## MONDAY

5:30am-9:00am 6 lap lanes  
9:00am-11:10am closed for swim lessons  
11:10am-2:30pm 2 lap lanes/1 open lane  
2:30pm-8:30pm 4 lap lanes/2 open lanes

## TUESDAY

5:30am-9:00am 6 lap lanes  
9:00am-11:10am closed for swim lessons  
11:10am-2:30pm 2 lap lanes/1 open lane  
2:30pm-5:15pm 4 lap lanes/2 open lanes  
5:15pm-8:30pm 3 lap lanes/3 open lanes

## WEDNESDAY

5:30am-9:00am 6 lap lanes  
9:00am-11:10am closed for swim lessons  
11:10am-2:30pm 2 lap lanes/1 open lane  
2:30pm-8:30pm 4 lap lanes/2 open lanes

## THURSDAY

5:30am-9:00am 6 lap lanes  
9:00am-11:10am closed for swim lessons  
11:10am-2:30pm 2 lap lanes/1 open lane  
2:30pm-5:15pm 4 lap lanes/2 open lanes  
5:15pm-8:30pm 3 lap lanes/3 open lanes

## FRIDAY

5:30am-5:30pm  
5:30am-9:00am 6 lap lanes  
9:00am-2:30pm 2lap lanes/2 open lanes  
3:00pm-5:30pm 4 lap lanes/2 open lanes

## SATURDAY

7:00am- 9:00am 6 lap lanes  
9:00am-12:00pm closed for swim lessons  
12:00pm-5:30pm 2 lap lanes/4 open lanes

## SUNDAY

7:00am- 5:30pm  
7:00am-9:00am 6 lap lanes  
9:00am-10:00am 2 lap lanes/no open lanes

# AUGUST OUTDOOR POOL SCHEDULE

## **Monday**

10:00am-11:00am lap swim only  
11:00am-12:00pm lap swim/shallow water & slides open  
12:00pm-6:00pm entire pool open swim

## **Tuesday**

10:00am-11:00am lap swim only  
11:00am-12:00pm lap swim/shallow water & slides open

## **Wednesday**

10:00am-11:00am lap swim only  
11:00am-12:00pm lap swim/shallow water & slides open  
12:00pm-6:00pm entire pool open swim

## **Thursday**

10:00am-11:00am lap swim only  
11:00am-12:00pm lap swim/shallow water & slides open  
12:00pm-7:30pm entire pool open swim

## **Friday**

10:00am-11:00am lap swim only

## **Saturday**

10:00am-7:30pm entire pool open swim

## **Sunday**

10:00am-11:00am lap swim only  
11:00am-12:00pm lap swim/shallow water & slides open  
12:00pm-7:30pm entire pool open swim

•August schedule effective August 4th

•The indoor pool will be closed from August 29th to September 8th for scheduled maintenance

•Outdoor pool—open on Labor Day 11am-7:45pm—closed for season on September 6th

# Aquatic Class Descriptions

**MILD WATER MOVEMENT:** Mondays, Wednesdays, and Thursdays: 9:00 – 9:45am

Low to medium intensity level workout for people with arthritis, MS, or joint/muscle pain. Increase range of motion and strengthen muscles while improving balance and coordination.

**AQUA FIT:** Tuesdays 5:45 – 6:45pm

Medium to high intensity level workout offers a combination of moves in the shallow or deep water to build strength and endurance.

**AQUA BOOT CAMP:** Thursdays 6:00-7:00pm & Sundays: 9:00 – 10:00am

Medium to high intensity level workout designed to condition, tone and firm muscles while burning calories by using water resistance.

## Pool Rules

1. Please obey all lifeguard instructions; failure to do so may result in patron being asked to leave.
2. Proper swim attire is required. No street clothes, cut offs, denim shorts, or thong bathing suits are permitted in the pool area, unless deemed appropriate for religious purposes.
3. Children under the age of 13 years old must be accompanied by a parent or guardian at all times. All children under 6 years of age must be accompanied in the water by parent or guardian. Children who cannot swim must be within an arm's reach of a parent or guardian and remain in the shallow end.
4. Glass containers are not allowed in the Aquatic area.
5. Food and drinks are not allowed in the Aquatic facility, except for water in unbreakable containers.
6. No running on the pool deck.
7. No pushing, shoving, throwing, dunking, horseplay, or inappropriate behavior is allowed.
8. No diving or jumping into the pool.
9. Starting blocks shall not be used for any purpose other than for swim team or swim lessons.
10. No hanging on lane lines, ropes, or rails.
11. Children who are not toilet trained must wear swim diapers.
12. During peak hours, pool patrons must share lanes and circle swim.
13. The pool will be closed for 30 minutes in cases of bad weather (thunder, lighting, tornado warnings, etc).
14. Swim lessons and personal training by authorized JCC personnel or by authorized groups only.
15. Band-aids, gum, and trash must be deposited in the trash cans before entering the aquatic area.
16. Spitting, spouting water, blowing the nose, or discharging bodily waste in the pool is strictly prohibited.
17. All persons using the swimming pool must take a shower before entering the pool enclosure.
18. Persons having open blisters or cuts are advised not to use the pool.
19. There is no open swim time during group swim lessons.
20. Adults 16+ have preference in lap swim lanes.
21. This schedule is subject to change.



**Swim Lessons Offered Here**  
**Fall Lessons start September 12th**

Call today to register  
(330) 867-7850



**Shaw JCC**  
**Akron**