



Shaw JCC
Akron

OCTOBER INDOOR POOL SCHEDULE

MONDAY

Lap swim:

5:30am—5:00pm (3 lanes)
6:30—8:00pm (2 lane)
8:00—8:30pm (2 lanes)

Open swim:

5:30—9:00am (3 lanes)
9:45am—5:00pm (2 lanes)
8:00—8:30pm (2 lanes)

Notable activities:

Mild Water Movement *FREE* 9:00—9:45am
Shaw JCC swim team 5:00—6:30pm
Firestone Akron Swim Team 6:30-8:00pm

TUESDAY

Lap swim:

5:30-9:30am (3 lanes)
9:30am—3:30pm (2 lanes)
3:30—4:30pm (3 lanes)
7:15—8:30pm (1 lane)

Open swim:

5:30am-4:30pm (2 lanes)
7:15—8:30 (1 lane)

Notable activities:

ECE swim lessons 9:30—11:00am
Lippman swim lessons 2:00—3:30pm
American Red Cross swim lessons 4:30—7:15pm
Aqua Fit *FREE* 5:45—6:45pm
Shaw JCC swim team 6:30—8:00pm

WEDNESDAY

Lap swim:

5:30am—5:00pm (3 lanes)
5:00pm—8:00pm (1 lane)
8:00—8:30pm (2 lanes)

Open swim:

5:30am—9:00am (3 lanes)
9:45am—5:00pm (2 lanes)
7:00—8:00pm (1 lane)
8:00—8:30pm (2 lanes)

Notable activities:

Mild Water Movement *FREE* 9:00—9:45am
Firestone Akron Swim Team 6:30-8:00pm
Shaw JCC swim team 5:00—6:30pm

THURSDAY

Lap swim:

5:30-9:30am (3 lanes)
9:30am—4:30pm (2 lanes)
7:15—8:30pm (3 lanes)

Open swim:

5:30am-4:30pm (2 lanes)
7:15—8:30 (1 lane)

Notable activities:

Mild Water Movement *FREE* 9:00—9:45am
ECE swim lessons 9:30—11:00am
Lippman swim lessons 1:15—3:30pm
American Red Cross swim lessons 4:30—7:15pm
H2O Boot Camp *FREE* 6:00—7:00pm
Shaw JCC swim team 6:30—8:00pm

FRIDAY

Lap swim:

5:30am—4:00pm (3 lanes)
4:00—5:30pm (1 lane)

Open swim:

5:30am—4:00pm (3 lanes)
4:00—5:30pm (1 lane)

Notable activities:

Shaw JCC swim team 4:00—5:30pm
Firestone Akron Swim Team 5:00—6:00pm

SATURDAY

Lap swim:

7:00—9:00am (3 lanes)
12:00—5:30pm (2 lanes)

Open swim:

7:00—9:00am (3 lanes)
12:00—5:30pm (2 lanes)

Notable activities:

American Red Cross swim lessons 9:00am—12:00pm

SUNDAY

Lap swim:

7:00—9:00am (3 lanes)
9:00—5:30pm (2 lane)

Open swim:

7:00—9:00am (3 lanes)
10:00—5:30pm (3 lanes)

Notable activities:

H2O Boot Camp *FREE* 9:00—10:00am

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.



Swim Lessons Offered Here
Fall Lessons start September 12th

Call today to register
(330) 867-7850



Shaw JCC
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