

ARE YOU AN AVID SWIMMER?

Sign up for our JCC POOL ALERT and we'll keep you informed of all the latest service changes via email.

Just text **JCCPOOL TO 22828** You'll get a reply text asking for your preferred email address.

Once you text your email, in minutes you'll receive a confirmation text indicating that you are now subscribed to our JCC Pool Alert email list.

Epstein Family Indoor Pool: Fall Schedule 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7-9 am Lap Swim 5 lanes Lessons 1 lane	5:30 am-4 pm Lap & Family Swim	5:30 am-4 pm Lap & Family Swim	5:30 am-1 pm Lap & Family Swim	5:30-10:45 am Lap & Family Swim	5:30-9 am Lap & Family Swim
9 am-12 pm Lap Swim 3 lanes Family Swim 1 lane Classes 2 lanes	3:30-4 pm Special Needs 2 lanes	3:30-4 pm Special Needs 2 lanes	10:15-11:15 am Special Needs 2 lanes*	10:45-11:30 am Arthritis Aquatics 2 lanes	9 am-Closing Lap Swim 3 lanes Lesson & Family Swim 3 lanes
12-5 pm Lap Swim 3 lanes Family Swim & Lessons 3 lanes	4-5 pm Lap Swim 2 lanes Classes 4 lanes	4-5 pm Lap Swim 2 lanes Family Swim 1 lane Classes 3 lanes	1-2:30 pm MS Swim 4 lanes Lap Swim 2 lanes	11:30 am-4 pm Lap & Family Swim	Closed 9.22 Open until 2:45 pm 9.29
2-5 pm LGT 2 lanes	5-7 pm Swim Team All lanes	5-7 pm Swim Team All lanes	2:30-4 pm Lap & Family Swim	11:30 am-12:30 pm Special Needs 2 lanes	Closed 10.6 & 13 Open until 4:45 pm 10.20-11.3
5-6:45 pm Lap Swim, Lessons & Family Swim	7-8:30 pm Swim Team 3 lanes Lap Swim 2 lanes Family Swim 1 lane	7-8:30 pm Swim Team 3 lanes Lap Swim 2 lanes Family Swim 1 lane	4-5 pm Lap Swim 2 lanes Family Swim & Lessons 1 lane/Classes 3 lanes	4-5 pm Lap Swim 2 lanes Family Swim 1 lane Classes 3 lanes	Open until 3:45 pm 11.10-3.19
	8:30-9:45 pm Lap Swim 3 lanes Family & Lesson Swim 3 lanes	8:30-9:45 pm Lap Swim 3 lanes THS 3 lanes	5-7 pm Swim Team All Lanes	5-7 pm Swim Team All Lanes	
			7-8:30 pm Swim Team 3 lanes Lap Swim 2 lanes Family Swim 1 lane	7-8:30 pm Swim Team 3 lanes Lap Swim 2 lanes Family Swim 1 lane	
			8:30-9:45 pm Lap Swim & Lessons 3 lanes THS 3 lanes	8:30-9:45 pm Lap Swim & Lessons 3 lanes THS 3 lanes	

Training Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7-9 am Open	5:30-9:30 am Open	5:30-9:30 am Open	5:30-4 pm Open	5:30-11:30 am Open	5:30 am-Closing
9 am-12 pm Deep Side Closed for Classes	9:30 am-2:45 pm Closed for classes	9:30 am-2:45 pm Closed for classes	4-6 pm 1 Side Closed for classes	10:45-11:30 am Closed for classes	Closed 9.22 Open until 2:45 pm 9.29
9-10:30 am Crib Side Closed	2:45-4 pm Open	2:45-4 pm Open	6-9:45 pm Open	11:30 am-4 pm Open	Closed 10.6 & 13 Open until 4:45 pm 10.20-11.3
10:30 am-6:45 pm Crib Side Open	4-6 pm 1 Side Closed for classes	4-6 pm 1 Side Closed for classes		4-6 pm 1 Side Closed for classes	Open until 3:45 pm 11.10-3.19
12-6:45 pm Deep Side Open	6-9:45 pm Open	6-9:45 pm Open		6-9:45 pm Open	

* INDICATES LAST WEDNESDAY OF THE MONTH ONLY.

(THS) TENAFLY HIGH SCHOOL: THURSDAYS, 8:30-9:45 PM/TUESDAYS & WEDNESDAYS, 9-10:30 PM; BEGINS NOVEMBER 2017

(LGT) LIFEGUARD TRAINING COURSE: SUNDAYS, 2-5 PM • BIRTHDAY PARTIES: SUNDAYS, 3-5 PM

INDOOR POOLS WILL CLOSE AT 1 PM FOR HOME SWIM MEETS ON: SUNDAY, NOV 19, DEC 3 & FEB 18.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE FOR SPECIAL EVENTS, PLEASE CALL 201.408.1440 TO CONFIRM AVAILABILITY.



JCC Pool Policies

POOL & WATER SAFETY RULES

- Obey the instructions of aquatic staff at all times.
- Adult supervision is required in the water for all non-swimmers.
- Children six (6) & under must be accompanied by an adult & within arm's reach at all times. The only exception are children participating in aquatics programs.
- Children who are not toilet trained must wear special swim diapers under their bathing suits. Disposable diapers are not permitted.
- Only Coast Guard approved flotation devices, such as life vests, are permitted. Toys permitted at the discretion of the aquatics staff to ensure a safe environment.
- Only proper swim attire allowed. No street clothes allowed.
- Swimmers are required to wear swim caps regardless of hair length; except for individuals with special needs, who are bald, or are under 2 years of age.
- Children ten (10) & under must be supervised by an adult at all times.
- Shower & remove band-aids before entering water.

POOL DECK RULES

- No street shoes permitted on the deck.
- No food or eating is permitted anywhere on the deck.
- Only water in plastic containers is permitted on the deck.
- No bags, street clothes or strollers allowed on deck (please use day lockers).
- Only aquatics staff & JCC program staff are allowed on main deck. All others must use observation deck upstairs or benches next to training pool.
- Only authorized JCC aquatics instructors & coaches may provide swim instruction.

LAP LANE ETIQUETTE

- Be courteous to and considerate of fellow swimmers.
- Try to swim in the same lane as someone of comparable speed.
- Do not swim on your back with two or more people in the lane.
- Adult lap swim is open to members ages fourteen (14) & up.
- When entering an active lane, inform fellow swimmers.
- Circular swim pathway required for three or more people in a lane.
- Do not dive into lap lanes.

THANK YOU FOR YOUR COOPERATION.

