

Calling all avid swimmers! We've developed a new online pool alert system.

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

Visit [jccotp.org/poolalerts](http://jccotp.org/poolalerts) and fill out all the required info. When there is a closing you'll get a notification by text.

Schedule updated 9.28.18

# Epstein Family Indoor Pool: Fall Schedule 2018

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|---|--|--|---|
| 7-9 am<br>Lap Swim 5 lanes<br>Lessons 1 lane                            | 5:30 am-4 pm<br>Lap, Lesson & Family Swim   | 5:30 am-4 pm<br>Lap, Lesson & Family Swim   | 5:30 am-1 pm<br>Lap, Lesson & Family Swim  | 5:30-10:45 am<br>Lap, Lesson & Family Swim   | 5:30-9 am<br>Lap, Lesson & Family Swim                              |
| 9 am-12 pm<br>Lap Swim 3 lanes<br>Family Swim 1 lane<br>Classes 2 lanes | 6:30-8:30 am<br>Master Swim 2 lanes   | 11:45 am-12:30 pm<br>Adult Aquacise 2 lanes   | 1-2:30 pm<br>MS Swim 4 lanes<br>Lap Swim 2 lanes                                     | 10:30-11:15 am<br>Adult Aquacise 2 lanes   | 9 am-Closing<br>Lap Swim 3 lanes<br>Lesson & Family Swim<br>3 lanes |
| 12-5 pm<br>Lap Swim 3 lanes<br>Family Swim & Lessons<br>3 lanes         | 3:30-4 pm<br>Special Needs 2 lanes  | 3:30-4 pm<br>Special Needs 2 lanes  | 2:30-4 pm<br>Lap, Lesson & Family Swim   | 11:15 am-4 pm<br>Lap, Lesson & Family Swim   | Open until 4:45 pm<br>9.28-11.2                                     |
| 1-5 pm<br>LGT 2 lanes   | 4-5 pm<br>Lap Swim 2 lanes<br>Classes 4 lanes   | 4-5 pm<br>Lap Swim 2 lanes<br>Family Swim 1 lane<br>Classes 3 lanes                   | 4-5 pm<br>Lap Swim 2 lanes<br>Family Swim & Lessons 1<br>lane/Classes 3 lanes        | 11:15 am-12:30 pm<br>Special Needs 2 lanes   | Open until 3:45 pm<br>11.9-3.8                                      |
| 5-6:45 pm<br>Lap Swim, Lessons &<br>Family Swim                         | 5-7 pm<br>Swim Team All lanes   | 5-7 pm<br>Swim Team All lanes   | 5-7 pm<br>Swim Team All Lanes  | 4-5 pm<br>Lap Swim 2 lanes<br>Family Swim 1 lane<br>Classes 3 lanes                  |   |
|   | 7-8:30 pm<br>Swim Team 3 lanes<br>Lap Swim 2 lanes<br>Family Swim & Lessons<br>1 lane | 7-8:30 pm<br>Swim Team 3 lanes<br>Lap Swim 2 lanes<br>Family Swim & Lessons<br>1 lane | 7-8:30 pm<br>Swim Team 3 lanes<br>Lap Swim 2 lanes<br>Family & Lesson Swim<br>1 lane | 5-7 pm<br>Swim Team All Lanes  |   |
|   | 8:30-9:45 pm<br>Lap Swim 3 lanes<br>Family & Lesson Swim<br>3 lanes                   | 8:30-9:45 pm<br>Lap Swim 3 lanes<br>THS 3 lanes                                       | 8:30-9:45 pm<br>Lap Swim 3 lanes<br>THS 3 lanes                                      | 7-8:30 pm<br>Swim Team 3 lanes<br>Lap Swim 2 lanes<br>Family & Lesson Swim<br>1 lane |   |
|   |   |   |  | 8:30-9:45 pm<br>Lap Swim 3 lanes<br>THS 3 lanes                                      |   |

## Training Pool

| Sunday  | Monday                                 | Tuesday                                | Wednesday                           | Thursday                             | Friday                          |
|---|--|--|-------------------------------------|--------------------------------------|---------------------------------|
| 7-9 am<br>Open                                | 5:30-9:30 am<br>Open                   | 5:30-9:30 am<br>Open                   | 5:30-4 pm<br>Open                   | 5:30-11:30 am<br>Open                | 5:30 am-Closing                 |
| 9 am-12 pm<br>Deep Side Closed for<br>Classes | 9:30 am-12:45 pm<br>Closed for classes | 9:30 am-12:30 pm<br>Closed for classes | 4-6 pm<br>1 Side Closed for classes | 10:30-11:15 am<br>Closed for classes | Open until 4:45 pm<br>9.28-11.2 |
| 9-10:30 am<br>Crib Side Closed                | 12:45-2 pm<br>Open                     | 12:30-2 pm<br>Open                     | 6-9:45 pm<br>Open                   | 11:30 am-4 pm<br>Open                | Open until 3:45 pm<br>11.9-3.8  |
| 10:30 am-6:45 pm<br>Crib Side Open            | 2-2:45 pm<br>Closed for classes        | 2-2:45 pm<br>Closed for classes        |                                     | 4-6 pm<br>1 Side Closed for classes  |                                 |
| 12-6:45 pm<br>Deep Side Open                  | 2:45-4 pm<br>Open                      | 2:45-4 pm<br>Open                      |                                     | 6-9:45 pm<br>Open                    |                                 |
|   | 4-6 pm<br>1 Side Closed for classes    | 4-6 pm<br>1 Side Closed for classes    |                                     |                                      |                                 |
|   | 6-9:45 pm<br>Open                      | 6-9:45 pm<br>Open                      |                                     |                                      |                                 |

(THS) TENAFLY HIGH SCHOOL: THURSDAYS, 8:30-9:45 PM/TUESDAYS & WEDNESDAYS, 9-10:30 PM; BEGINS NOVEMBER 2018

(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 OCT 28, JAN 6, JAN 13, & FEB 17.

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



## 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.

