

# EPSTEIN FAMILY

## INDOOR POOL SCHEDULE

Spring 2024

### Main Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7am-10am Lap Swim: 5 lanes Lessons: 1 lane	5:30am-4pm Lap Swim, Lesson & Family Swim	5:30am-4pm Lap Swim, Lesson & Family Swim	5:30am-1pm Lap Swim, Lesson & Family Swim	5:30am-4pm Lap Swim, Lesson & Family Swim	5:30am-5:45pm Lap Swim, Lesson & Family Swim
10-10:30am Lap Swim: 2 lanes Classes: 4 lane	12pm-12:45pm Adult Aquacise: 2 lanes	1-2pm Special Services: 1 lane	11:45am-12:30pm Adult Aquacise: 2 lanes	11:30am-12:15pm Adult Aquacise: 2 lanes	JCC open till 6pm March 16 -April 26 Pools Close 5:45pm
10:30am-11:30am Closed Classes All Lanes	1-2pm Special Services: 1 lane	4pm-5pm Family Swim: 1 lane Classes: 4 lanes	1-2:30pm MS Swim: 4 lanes Lap Swim: 2 lanes	1-2pm Special Services: 2 lanes	
11:30am-12:30pm Lap Swim: 1 lanes Family Swim: 1 lane Classes: 4 lanes	4pm-5pm Lap Swim: 2 lanes Classes: 4 lanes	4pm-4:45pm Lap Swim: 1 lane	2:30pm-4pm Lap Swim, Lesson & Family Swim	4pm-5pm Family Swim: 1 lane Lap Swim: 1 lane Classes: 4 lanes	JCC open till 7pm May 3- August 16 Pools Close 6:45pm
12:30pm-2pm Lap Swim: 3 lanes Family Swim: 1 lane Lessons: 2 lanes	5pm-7pm Closed Swim Team: All Lanes	4:45pm-5:15pm Special Services: 1 lane	4pm-5pm Lap Swim: 2 lanes Classes: 4 lanes	5pm-7pm Closed Swim Team: All Lanes	
2pm-5pm Lap Swim: 2 lanes Family Swim: 2 lane Lessons: 2 lanes	7pm-7:30pm Swim Team: 4 lanes Lap Swim: 2 Lanes	5pm-7pm Closed Swim Team: All Lanes	5pm-7pm Closed Swim Team: All Lanes	7pm-7:30pm Swim Team: 4 lanes Lap Swim: 2 Lanes	
5-6:45pm Lap Swim 3 lanes Family Swim 1 lane Lessons 2 Lane	7:30pm-8pm Swim Team: 3 lanes Lap Swim: 3 Lanes	7pm-7:30pm Swim Team: 4 lanes Lap Swim: 2 Lanes	7pm-7:30pm Swim Team: 4 lanes Lap Swim: 2 Lanes	7:30pm-8pm Swim Team: 3 lanes Lap Swim: 2 Lanes Family Swim: 1 Lane	
	8pm-8:45pm Lap Swim: 4 Lanes Family Swim: 1 Lane Lesson: 1 Lane	7:30pm-8pm Swim Team: 3 lanes Lap Swim: 3 Lanes	7:30pm-8pm Swim Team: 3 lanes Lap Swim: 3 Lanes	8pm-8:45pm Lap Swim: 4 Lanes Family Swim: 1 Lane Lesson: 1 Lane	
		8pm-8:45pm Lap Swim: 4 Lanes Family Swim: 1 Lane Lesson: 1 Lane	8pm-8:45pm Lap Swim: 4 Lanes Family Swim: 1 Lane Lesson: 1 Lane		

### Training Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7-9:30am Open	5:30-9:30am Open	5:30-9:30am Open	5:30-11:45 am Open	5:30-11:30am Open	5:30am-5:45pm Open
9:30am-11:30am Closed for Classes	9:30-1:30pm Closed for Classes	9:30am-12pm Closed for Classes	11:45 am-12:30 pm Closed for Classes	11:30am-12:30pm Closed for Classes	JCC open till 6pm March 16 -April 26 Pools Close 5:45pm
11:30am - 1pm Shallow Side Open Deep Side Closed	1:30-3:30pm Open	12pm-4pm Open	12:30pm-2:15pm Open	12:30pm-3:30pm Open	
1pm-6:45pm Open	3:30-4:30pm Closed for Classes	4-5pm Closed for Classes	2:15-4:30pm Closed for Classes	3:30-6pm Shallow Side Open Deep Side Closed	JCC open till 7pm May 3- August 16 Pools Close 6:45pm
	4:30-5:30pm Shallow Side Open Deep Side Closed	5-8:45pm Open	4:30-6pm Shallow Side Open Deep Side Closed	6-8:45pm Open	
	5:30-8:45 pm Open		6-8:45pm Open		

RESERVATIONS NOT REQUIRED. CAPACITY RESTRICTIONS WILL BE ENFORCED

THE EPSTEIN FAMILY INDOOR POOLS WILL CLOSE AT 1PM FOR HOME SWIM MEETS ON JANUARY 7, JANUARY 21, AND FEBRUARY 18  
SCHEDULE SUBJECT TO CHANGES WITHOUT NOTICE FOR SPECIAL EVENTS. PLEASE CALL 201.408.1440 TO CONFIRM AVAILABILITY



KAPLEN JCC on the Palisades TAUB CAMPUS | 411 E CLINTON AVE, TENAFLY, NJ 07670 | 201.569.7900 | [jccotg.org](http://jccotg.org) [/kaplenjccotg](https://www.facebook.com/kaplenjccotg)

## 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.**

