## Epstein Family Indoor Pool: Winter Schedule 2020

### Sunday
- 7-9 am
  - Lap Swim 5 lanes
  - Lessons 1 lane
- 9 am-12 pm
  - Lap Swim 3 lanes
  - Family Swim 1 lane
  - Classes 2 lanes
- 12:5 pm
  - Lap Swim 3 lanes
  - Family Swim & Lessons 3 lanes
- 1:5 pm
  - LGT 2 lanes
- 5:45-6:50 pm
  - Lap Swim, Lessons & Family Swim

### Monday
- 5:30 am-4 pm
  - Lap, Lesson & Family Swim
  - 6:30-8:30 am
    - Master Swim 2 lanes
  - 3:30-4 pm
    - Special Needs 2 lanes
  - 4-5 pm
    - Lap Swim 2 lanes
    - Classes 4 lanes
  - 5-7 pm
    - Swim Team All Lanes
  - 7-8:30 pm
    - Swim Team 3 lanes
    - Lap Swim 2 lanes
    - Family Swim & Lessons 1 lane
  - 8:30-9:45 pm
    - Lap Swim 3 lanes
    - Family Swim & Lessons 3 lanes

### Tuesday
- 5:30 am-4 pm
  - Lap, Lesson & Family Swim
  - 11:45 am-12:30 pm
    - Adult Aquacise 2 lanes
  - 3:30-4 pm
    - Special Needs 2 lanes
  - 4-5 pm
    - Lap Swim 2 lanes
    - Family Swim 1 lane
    - Classes 3 lanes
  - 5-7 pm
    - Swim Team All Lanes
  - 7-8:30 pm
    - Swim Team 3 lanes
    - Lap Swim 2 lanes
    - Family Swim & Lessons 1 lane
  - 8:30-9:45 pm
    - Lap Swim 3 lanes
    - THS 3 lanes

### Wednesday
- 5:30 am-1 pm
  - Lap, Lesson & Family Swim
  - 1-2:30 pm
    - MS Swim 4 lanes
    - Lap Swim 2 lanes
  - 2:30-4 pm
    - Lap, Lesson & Family Swim
  - 4-5 pm
    - Lap Swim 2 lanes
    - Family Swim 1 lane
    - Classes 3 lanes
  - 5-7 pm
    - Swim Team All Lanes
  - 7-8:30 pm
    - Swim Team 3 lanes
    - Lap Swim 2 lanes
    - Family Swim & Lessons 1 lane
    - Classes 3 lanes
  - 8:30-9:45 pm
    - Lap Swim 3 lanes
    - THS 3 lanes

### Thursday
- 5:30-10:45 am
  - Lap, Lesson & Family Swim
  - 10:30-11:15 am
    - MS Swim 4 lanes
    - Lap Swim 2 lanes
  - 11:15 am-1 pm
    - Lap, Lesson & Family Swim
  - 4-5 pm
    - Lap Swim 2 lanes
    - Family Swim 1 lane
    - Classes 3 lanes
  - 5-7 pm
    - Swim Team All Lanes
  - 7-8:30 pm
    - Swim Team 3 lanes
    - Lap Swim 2 lanes
    - Family Swim & Lessons 1 lane
    - Classes 3 lanes
  - 8:30-9:45 pm
    - Lap Swim 3 lanes
    - THS 3 lanes

### Friday
- 5:30-9 am
  - Lap, Lesson & Family Swim
- 9 am-Closing
  - Lap Swim 3 lanes
  - Family Swim & Lessons 3 lanes
- Open until 3:45 pm
  - 11:8-3.6
- Open until 5:45 pm
  - 3.13-4.24

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### Training Pool

#### Sunday
- 7-9 am
  - Open
- 9 am-12 pm
  - Deep Side Closed for Classes
- 9:30 am-11:30 am
  - Closed for classes
- 11:30 am-4 pm
  - Open
- 4-6 pm
  - 1 Side Closed for classes
- 6-9:45 pm
  - Open

#### Monday
- 5:30-9:30 am
  - Open
- 9:30-11:30 am
  - Closed for classes
- 11:30 am-4 pm
  - Open
- 4-6 pm
  - 1 Side Closed for classes
- 6-9:45 pm
  - Open

#### Tuesday
- 5:30-9:30 am
  - Open
- 9:30-11:30 am
  - Closed for classes
- 11:30 am-4 pm
  - Open
- 4-6 pm
  - 1 Side Closed for classes
- 6-9:45 pm
  - Open

#### Wednesday
- 5:30-4 pm
  - Open
- 4-6 pm
  - 1 Side Closed for classes
- 6-9:45 pm
  - Open

#### Thursday
- 5:30-11:30 am
  - Open
- 10:30-11:15 am
  - Closed for classes
- 11:30 am-4 pm
  - Open
- 4-6 pm
  - 1 Side Closed for classes
- 6-9:45 pm
  - Open

#### Friday
- 5:30 am-Closing
  - Open until 3:45 pm
    - 11:8-3.6
  - Open until 5:45 pm
    - 3.13-4.24

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Sign up for our JCC Pool Alert System and we’ll keep you informed of all the latest services 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 2.14.20

(THS) TENAFLY HIGH SCHOOL: THURSDAYS, 8:30-9:45 PM/TUESDAYS & WEDNESDAYS, 9-10:30 PM; ENDS FEBRUARY 2020
(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 FEB 16
SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE FOR SPECIAL EVENTS, PLEASE CALL 201.408.1440 TO CONFIRM AVAILABILITY.

KAPLEN JCC on the Palisades | TAUB CAMPUS | 411 EAST CLINTON AVE, TENAFLY, NJ 07670 | jccotp.org
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.