

EPSTEIN FAMILY INDOOR POOL SCHEDULE

JUNE 22 - AUGUST 22 2025

Indoor Main Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am - 9:00am Lap Swim: 5 lanes Lessons: 1 lane	5:30am - 3:00pm Lap, Family Swim and Lessons	5:30am - 3:00pm Lap, Family Swim and Lessons	5:30am - 3:00pm Lap, Family Swim and Lessons	5:30am - 3:00pm Lap, Family Swim and Lessons	5:30am - 6:45pm Lap, Family Swim and Lessons
9:00am - 12:00pm Lap Swim: 2 lanes Classes: 4 lanes	12:00pm - 12:45pm Adult Aquacise: 2 lanes	3:00pm - 4:30pm Lap Swim: 4 lanes Lessons: 2 lanes	11:45am - 12:30pm Adult Aquacise: 3 lanes	11:30am - 12:15pm Adult Aquacise: 3 lanes	
12:00pm - 3:00pm Lap Swim: 3 lanes Family Swim: 1 lane Lessons: 2 lanes	3:00pm - 4:30pm Lap Swim: 4 lanes Lessons: 2 lanes	4:30pm - 6:30pm Lap Swim: 2 lanes Classes: 4 lanes	3:00pm - 4:30pm Lap Swim: 4 lanes Lessons: 2 lanes	3:00pm - 4:30pm Lap Swim: 4 lanes Lessons: 2 lanes	
3:00pm - 5:00pm Lap Swim: 2 lanes Lessons: 2 lanes	4:30pm - 6:30pm Lap Swim: 2 lanes Classes: 4 lanes	6:30 - 8:45pm Lap, Family Swim and Lessons	4:30pm - 6:30pm Lap Swim: 2 lanes Classes: 4 lanes	4:30pm - 6:30pm Lap Swim: 2 lanes Classes: 4 lanes	
5:00pm Indoor Pool Closed Outdoor Pool Open	6:30pm - 8:45pm Lap, Family Swim, and Lessons		6:30pm - 8:45pm Lap, Family Swim, and Lessons	6:30pm - 8:45pm Lap, Family Swim, and Lessons	

Indoor Training Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am - 9:30am Open	5:30am - 12:00pm Open	5:30am - 4:00pm Open	5:30am - 3:30pm Open	5:30am - 11:30am Open	5:30am - 5:00pm Open
9:30am - 1:00pm Closed for Classes	12:00pm - 12:45pm Adult Aquacise	4:00pm - 6:00pm Shallow Side Only	3:30pm - 6:00pm Shallow Side Only	11:30am - 12:15pm Adult Aquacise	
1:00pm - 5:00pm Open	12:45pm - 3:30pm Open	5:30pm - 8:45pm Open	5:30pm - 8:45pm Open	12:15pm - 4:00pm Open	
5:00pm Indoor Pool Closed Outdoor Pool Open	3:30pm - 6:00pm Shallow Side Only			4:00pm - 6:00pm Shallow Side Only	
	5:30pm - 8:45pm Open			5:30pm - 8:45pm Open	

RESERVATIONS NOT REQUIRED FOR TRAINING POOL & FAMILY SWIM TIMES. CAPACITY RESTRICTIONS WILL BE ENFORCED

SCHEDULE SUBJECT TO CHANGES WITHOUT NOTICE. SWIM CAPS REQUIRED INDOORS.

INDOOR POOLS WILL BE CLOSED FOR ANNUAL MAINTENANCE BEGINNING AUGUST 24- SEPTEMBER 6





POOL & WATER SAFETY RULES

- Obey the instructions of aquatics 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
- Children ten (10) & under must have an adult in the pool area at all times.
- Children who are not toilet trained must wear special swim diapers under their bathing suits. Disposable diapers are not permitted.
- Only Coast Guard approved floatation devices, such as life vests, are permitted. No inflatable floats, pool noodles.
- Toys permitted at the discretion of the aquatics staff to ensure a safe environment. No non-inflatable balls, water balloons, or hard toys allowed.
- Only proper swim attire allowed. No street clothes allowed.
- Swimmers are required to wear swim caps in the indoor pools regardless of hair length; except for individuals with special needs, who are bald, or are under 2 years of age.
- Shower & remove band-aids before entering water.
- Do not play on the lane lines.

POOL DECK RULES

- No street shoes permitted on the indoor pool deck.
- No food or eating is permitted anywhere on the deck.
- No bags, street clothes, or strollers allowed on the indoor deck (please use day lockers).
- Only authorized JCC aquatics instructors & coaches may provide swim instruction.
- Please do not change your children on the pool deck; use the locker rooms.
- No photography is allowed in the pool area.
- No running on the pool deck

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 (2) 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 or from the diving blocks.

THANK YOU FOR YOUR COOPERATION.