

# EPSTEIN FAMILY INDOOR POOL SCHEDULE

December 24 - January 2

## Main Pool

Sunday 12/28	Monday 12/29	Tuesday 12/30	Wednesday 12/24 & 12/31	Thursday 12/25 & 1/1	Friday 12/26 & 1/2
7am-10am Lap Swim: 5 lanes Lessons: 1 lane	5:30am-9:30am Lap Swim: 6 lanes	5:30am-9am Lap Swim: 6 lanes	5:30am-9:30am Lap Swim: 6 lanes	8am-9am Lap Swim: 6 lanes	5:30am-9am Lap Swim: 6 lanes
10am-2pm Lap Swim: 2 lanes Family Swim: 1 lane Lessons: 3 lane	9:30am-12pm Lap Swim: 3 lanes Family Swim: 1 lane Classes: 2 Lanes	9am-2pm Lap Swim: 3 lanes Family Swim: 1 Lane Classes: 2 lanes	9:30am- 11:45am Lap Swim: 3 lanes Classes: 2 lanes Family Swim: 1 Lane	9am-3:45pm Lap Swim: 3 lanes Classes: 1 lanes Family Swim: 2 Lanes	9am-1pm Lap Swim: 4 lanes Classes: 1 lanes Family Swim: 1 Lane
2pm-7pm Lap Swim: 2 lanes Family Swim: 2 lane Lessons: 2 lane	12pm- 12:45pm Lap Swim: 3 lanes Adult Aquacise: 3 Lanes	2pm-7pm Lap Swim: 2 lanes Family Swim: 2 Lane Classes: 2 lanes	11:45am- 12:30pm Lap Swim: 3 lanes Adult Aquacise: 3 Lanes	*JCC Open 8am-4pm 12/25 10am-4pm 1/1	1pm- 1:45pm Lap Swim: 3 lanes Adult Aquacise: 3 Lanes
	12:45pm- 7pm Lap Swim: 3 lanes Family Swim: 1 lane Classes: 2 Lanes	7-8:45pm Lap Swim: 4 lanes Family Swim: 1 Lane Classes: 1 lanes	12:30pm- 3:45pm Lap Swim: 3 lanes Classes: 2 lanes Family Swim: 1 Lane		1:45pm-3:45pm Lap Swim: 3 lanes Classes: 1 lane Family Swim: 2 Lane
	7pm- 8:45pm Lap Swim: 4 lanes Family Swim: 1 lane Classes: 1 Lanes		*JCC Open 5:30am-4pm 12/24 & 12/31		JCC open till 4pm

## Training Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8am-10am Open	5:30am-12pm Open	5:30am-1:45pm Open	5:30am -9:15am Open	8am-3:45pm Open	5:30am-9am Open
10am-12pm Shallow Side Open Deep Side Closed	12pm-12:45pm Closed for Classes	1:45-2:30pm Closed for Classes	9:15am-12:30pm Closed for Classes	*JCC Open 8am-4pm 12/25 10am-4pm 1/1	9am-11:15am Closed for Classes
12pm-7pm Open	12:45pm-8:45pm Open	2:30m-8:45pm Open	12:30pm-1:45pm Open  1:45-2:30pm * Closed for Classes  2:30 -3:45pm Open *JCC Open 5:30am-4pm 12/24 & 12/31		11:15am-3:45pm Open  JCC open till 4pm

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

\*12/31 ONLY. 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 | [jccotp.org](http://jccotp.org)  /kaplenjccotp





## 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.