

# EPSTEIN FAMILY INDOOR POOL SCHEDULE

Winter 2025/26 as of 12/1

## 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- 9am Lap Swim: 6 Lanes
10-10:30am Lap Swim: 2 lanes Classes: 4 lane	12pm-12:45pm* Adult Aquacise: 3 Lanes	1-2pm Special Services: 1 lane	11:45am-12:30pm* Adult Aquacise: 3 lanes	11:30am-12:15pm* Adult Aquacise: 3 Lanes	9am- 1pm Lap Swim: 4 Lanes Family Swim: 1 Lanes Lessons: 1 Lane
10:30am-11:30am Closed Classes All Lanes	4pm-5pm Lap Swim: 2 lanes Classes: 4 lanes	4pm-5pm Lap Swim: 1 lane Classes: 4 lanes Special Services: 1 lane	2:30pm-4pm MS Swim: 4 lanes Lap Swim: 2 lanes	1-2pm Special Services: 2 lanes	1pm-1:45pm* Adult Aquacise: 3 Lanes Lap Swim: 2 Lanes Lessons: 1 Lane
11:30am-12:30pm Lap Swim: 1 lanes Family Swim: 1 lane Classes: 4 lanes	5pm-7pm Closed Swim Team: All Lanes	5pm-7pm Closed Swim Team: All Lanes	4pm-5pm Lap Swim: 2 lanes Classes: 4 lanes	4pm-5pm Family Swim: 1 lane Lap Swim: 1 lane Classes: 4 lanes	1:45pm-Closing Lap Swim: 3 lanes Family Swim: 2 lane Lessons: 1 lane
12:30pm-2pm Lap Swim: 2 lanes Family Swim: 1 lane Lessons: 3 lanes	7pm-7:30pm Swim Team: 4 lanes Lap Swim: 2 Lanes	7pm-7:30pm Swim Team: 4 lanes Lap Swim: 2 Lanes	5pm-7pm Closed Swim Team: All Lanes	7pm-7:30pm Swim Team: 4 lanes Lap Swim: 2 Lanes	JCC open till 4pm Nov 7 - March 6 Pools Close 3:45pm
2pm-7pm Lap Swim: 2 lanes Family Swim: 2 lane Lessons: 2 lanes	7:30pm-8pm Swim Team: 3 lanes Lap Swim: 3 Lanes	7:30pm-8pm Swim Team: 3 lanes Lap Swim: 3 Lanes	7pm-7:30pm Swim Team: 4 lanes Lap Swim: 2 Lanes	7:30pm-8pm Swim Team: 3 lanes Lap Swim: 3 Lanes	
Pools Close 7pm November 23-March 1	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	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-Closing Open
9:30am-11:30am Closed for Classes	9:30am-1pm 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 4pm Nov 7 - March 6 Pools Close 3:45pm
11:30am - 1pm Shallow Side Open Deep Side Closed	1-3:30pm Open	12pm-4pm Open	12:30pm-3:30pm Open	12:30pm-3:30pm Open	
1pm-7:45pm Open Sept 7 - Nov 16	3:30-5pm Closed for Classes	4-6pm Shallow Side Open Deep Side Closed	3:30-5pm Closed for Classes	3:30-6pm Shallow Side Open Deep Side Closed	
Pools Close 7pm Nov 23-March 1	5-6pm Shallow Side Open Deep Side Closed	5-6pm Shallow Side Open Deep Side Closed	6-8:45pm 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 MEET ON FEBRUARY 15.

\*LANES FOR AQUACIZE WILL START CLOSING UP TO 10 MINUTES PRIOR TO CLASS STARTING. POOL SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.

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.