

EPSTEIN FAMILY INDOOR POOL SCHEDULE

April 1-10 2026

Main Pool

Sunday 4/5	Monday 4/6	Tuesday 4/7	Wednesday 4/1	Thursday 4/2 & 4/9	Friday 4/10
7am-10am Lap Swim: 5 lanes Lessons: 1 lane	5:30am-9am Lap Swim: 6 Lanes	5:30am-9am Lap Swim: 5 Lanes Family Swim: 1 Lane	5:30am-9am Lap Swim: 5 lanes Family Swim: 1 Lane	4/2 & 4/9 JCC CLOSED	5:30am- 9am Lap Swim: 6 Lanes
10:00am- 1pm Lap Swim: 2 lanes Family Swim: 1 lane Classes: 3 lanes	9am-12pm Lap Swim: 4 Lanes Family Swim: 1 Lane Lessons: 1 Lane	9am-3pm Lap Swim: 4 Lanes Family Swim: 1 Lane Lessons: 1 Lane	9am-11:45am Lap Swim: 4 Lanes Family Swim: 1 Lane Lessons: 1 Lane		9am- 1pm Lap Swim: 4 Lanes Family Swim: 1 Lanes Lessons: 1 Lane
1pm-7:45pm Lap Swim: 2 lanes Family Swim: 2 lane Lessons: 2 lanes	12pm-12:45pm* Lap Swim: 2 Lanes Family/Lessons: 1 Lane Adult Aquacise: 3 Lanes	3pm-5:45pm Lap Swim: 2 Lanes Family Swim: 2 Lane Lessons: 2 Lane	11:45am-12:30pm* Adult Aquacise: 3 lanes Lap Swim: 2 Lane Family/Lesson: 1 Lane		1pm-1:45pm* Adult Aquacise: 2 Lanes Lap Swim: 3 Lanes Lessons: 1 Lane
	12:45pm-3pm Lap Swim: 4 Lanes Family Swim: 1 lanes Lessons: 1 Lane	4/7 JCC open till 5pm Pools Close 4:45pm	12:30-2:45pm Lap Swim: 4 Lanes Family Swim: 1 Lane Lessons: 1 Lane		1:45pm-Closing Lap Swim: 3 lanes Family Swim: 2 lane Lessons: 1 lane
	3pm-7pm Lap Swim: 3 lanes Family Swim: 1 lane Classes: 2 lanes		4/1 JCC open till 3pm Pools Close 2:45pm		4/3 JCC Closed
	7pm-8:45pm Lap Swim: 4 lanes Family Swim: 1 lane Classes: 1 lanes		4/8 JCC CLOSED		4/10 JCC open till 6pm Pools Close 5:45pm

Training Pool

Sunday 4/5	Monday 4/6	Tuesday 4/7	Wednesday 4/1	Thursday 4/2 & 4/9	Friday 4/10
7-9:30am Open	5:30am-12pm Open	5:30am-2pm Open	5:30-11:45 am Open	4/2&4/9 JCC CLOSED	5:30am-2:30pm Open
9:30am - 12pm Shallow Side Open Deep Side Closed	12-12:45pm Closed for Classes	2-2:45pm Shallow Side Closed Deep Side Open	11:45 am-12:30 pm Closed for Classes		2:30-3:30pm Closed for Classes
12pm-7:45pm Open Sept 7 - Nov 16	12:45pm-2pm Open	2:45-4:45pm Open	12:30pm-2:45pm Open		3:30-5:45pm Open
	2-3:30pm Closed for Classes	JCC open till 5pm Pools Close 4:45pm	4/1 JCC open till 3pm Pools Close 2:45pm		4/3 JCC Closed
	3:30-6pm Shallow Side Open Deep Side Closed	4/7 JCC open till 5pm Pools Close 4:45pm	4/8 JCC CLOSED	4/10 JCC open till 6pm Pools Close 5:45pm	
	6-8:45 pm Open				

RESERVATIONS NOT REQUIRED. CAPACITY RESTRICTIONS WILL BE ENFORCED
*LANES FOR AQUACIZE WILL START CLOSING UP TO 10 MINUTES PRIOR TO CLASS STARTING.
POOL SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.





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.