

# EPSTEIN FAMILY INDOOR POOL SCHEDULE

Spring 2026

## Main Pool

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|--|---|---|--|--|
| 7am-10am<br>Lap Swim: 5 lanes<br>Lessons: 1 lane                                | 5:30am-4pm<br>Lap Swim, Lesson &<br>Family Swim                          | 5:30am-4pm<br>Lap Swim, Lesson &<br>Family Swim                             | 5:30am-1pm<br>Lap Swim, Lesson &<br>Family Swim                           | 5:30am-4pm<br>Lap Swim, Lesson &<br>Family Swim                          | 5:30am- 9am<br>Lap Swim: 6 Lanes   |
| 10-10:30am<br>Lap Swim: 2 lanes<br>Classes: 4 lane                              | 12pm-12:45pm*<br>Adult Aquacise: 3 Lanes                                 | 1-2pm<br>Special Services: 1 lane   | 11:45am-12:30pm*<br>Adult Aquacise: 3 lanes                               | 11:30am-12:15pm*<br>Adult Aquacise: 3 Lanes                              | 9am- 1pm<br>Lap Swim: 4 Lanes<br>Family Swim: 1 Lanes<br>Lessons: 1 Lane       |
| 10:30am-11:30am<br>Closed<br>Classes All Lanes                                  | 4pm-5pm<br>Lap Swim: 2 lanes<br>Classes: 4 lanes                         | 4pm-5pm<br>Lap Swim: 1 lane<br>Classes: 4 lanes<br>Special Services: 1 lane | 1-2:30pm<br>MS Swim: 4 lanes<br>Lap Swim: 2 lanes                         | 1-2pm<br>Special Services: 2 lanes                                       | 1pm-1:45pm*<br>Adult Aquacise: 2 Lanes<br>Lap Swim: 3 Lanes<br>Lessons: 1 Lane |
| 11:30am-12:30pm<br>Lap Swim: 1 lanes<br>Family Swim: 1 lane<br>Classes: 4 lanes | 5pm-7pm<br>Closed<br>Swim Team: All Lanes                                | 5pm-7pm<br>Closed<br>Swim Team: All Lanes                                   | 2:30pm-4pm<br>Lap Swim: 3 lanes<br>Family Swim: 1 lane<br>Lessons: 1 lane | 4pm-5pm<br>Family Swim: 1 lane<br>Lap Swim: 1 lane<br>Classes: 4 lanes   | 1:45pm-Closing<br>Lap Swim: 3 lanes<br>Family Swim: 2 lane<br>Lessons: 1 lane  |
| 12:30pm-2pm<br>Lap Swim: 2 lanes<br>Family Swim: 1 lane<br>Lessons: 3 lanes     | 7pm-7:30pm<br>Swim Team: 4 lanes<br>Lap Swim: 2 Lanes                    | 7pm-7:30pm<br>Swim Team: 4 lanes<br>Lap Swim: 2 Lanes                       | 4pm-5pm<br>Lap Swim: 2 lanes<br>Classes: 4 lanes                          | 5pm-7pm<br>Closed<br>Swim Team: All Lanes                                | JCC open till 6pm<br>March 13-May 2<br>Pools Close 5:45pm                      |
| 2pm-7:45pm<br>Lap Swim: 2 lanes<br>Family Swim: 2 lane<br>Lessons: 2 lanes      | 7:30pm-8pm<br>Swim Team: 3 lanes<br>Lap Swim: 3 Lanes                    | 7:30pm-8pm<br>Swim Team: 3 lanes<br>Lap Swim: 3 Lanes                       | 5pm-7pm<br>Closed<br>Swim Team: All Lanes                                 | 7pm-7:30pm<br>Swim Team: 4 lanes<br>Lap Swim: 2 Lanes                    | JCC open till 7pm<br>May 8- August 14<br>Pools Close 6:45pm                    |
|   | 8pm-8:45pm<br>Lap Swim: 4 Lanes<br>Family Swim: 1 Lane<br>Lesson: 1 Lane | 8pm-8:45pm<br>Lap Swim: 4 Lanes<br>Family Swim: 1 Lane<br>Lesson: 1 Lane    | 7pm-7:30pm<br>Swim Team: 4 lanes<br>Lap Swim: 2 Lanes                     | 7:30pm-8pm<br>Swim Team: 3 lanes<br>Lap Swim: 3 Lanes                    |  |
|   |  |   | 7:30pm-8pm<br>Swim Team: 3 lanes<br>Lap Swim: 3 Lanes                     | 8pm-8:45pm<br>Lap Swim: 4 Lanes<br>Family Swim: 1 Lane<br>Lesson: 1 Lane |  |
|   |  |   | 8pm-8:45pm<br>Lap Swim: 4 Lanes<br>Family Swim: 1 Lane<br>Lesson: 1 Lane  |  |  |

## Training Pool

| Sunday   | Monday   | Tuesday  | Wednesday                                      | Thursday  | Friday  |
|--|--|--|--|---|---|
| 7-9:30am<br>Open                                       | 5:30-9:30am<br>Open                            | 5:30-9:30am<br>Open                            | 5:30-11:45 am<br>Open                          | 5:30-11:30am<br>Open                              | 5:30am-Closing<br>Open                                      |
| 9:30am-11:30am<br>Closed for Classes                   | 9:30am-1pm<br>Closed for Classes               | 9:30am-12pm<br>Closed for Classes              | 11:45 am-12:30 pm<br>Closed for Classes        | 11:30am-12:30pm<br>Closed for Classes             | JCC open till 6pm<br>March 13-May 2<br>Pools Close 5:45pm   |
| 11:30am - 1pm<br>Shallow Side Open<br>Deep Side Closed | 1-3:30pm<br>Open                               | 12pm-4pm<br>Open                               | 12:30pm-3:30pm<br>Open                         | 12:30pm-3:30pm<br>Open                            | JCC open till 7pm<br>May 8- August 14<br>Pools Close 6:45pm |
| 1pm-7:45pm<br>Open<br>Sept 7 - Nov 16                  | 3:30-5pm<br>Closed for Classes                 | 4-6pm<br>Shallow Side Open<br>Deep Side Closed | 3:30-5pm<br>Closed for Classes                 | 3:30-6pm<br>Shallow Side Open<br>Deep Side Closed |   |
|  | 5-6pm<br>Shallow Side Open<br>Deep Side Closed | 6-8:45pm<br>Open                               | 5-6pm<br>Shallow Side Open<br>Deep Side Closed | 6-8:45pm<br>Open                                  |   |
|  | 6-8:45 pm<br>Open                              |  | 6-8:45pm<br>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.