# EPSTEIN FAMILY
# INDOOR POOL SCHEDULE
Fall/Winter 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 & Family Swim | 5:30am-4pm<br>Lap Swim, Lesson & Family Swim | 5:30am-1pm<br>Lap Swim, Lesson & Family Swim | 5:30am-4pm<br>Lap Swim, Lesson & 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: 4 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 4pm<br>Nov 6 - March 5<br>Pools Close 3:45pm |
| 2pm-7pm**<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 | |
| | 8pm-9:45pm<br>Lap Swim: 4 Lanes<br>Family Swim: 1 Lane<br>Lesson: 1 Lane | 8pm-9pm**<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-9pm**<br>Lap Swim: 4 Lanes<br>Family Swim: 1 Lane<br>Lesson: 1 Lane | |
| | | | 8pm-9pm**<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 4pm<br>Nov 6 - March 5<br>Pools Close 3:45pm |
| 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 | |
| 1pm-7pm**<br>Open | 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 | 6-9pm**<br>Open | 5-6pm<br>Shallow Side Open<br>Deep Side Closed | 6-9pm **<br>Open | |
| | 6-9:45 pm<br>Open | | 6-9pm**<br>Open | | |

RESERVATIONS NOT REQUIRED. CAPACITY RESTRICTIONS WILL BE ENFORCED. POOL SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.
*LANES FOR AQUACIZE WILL START CLOSING UP TO 10 MINUTES PRIOR TO CLASS STARTING. POOLS WILL CLOSE AT 1PM FOR HOME SWIM MEET ON JAN 10, 17, AND FEBRUARY 14. **POOLS WILL CLOSE 7PM ON SUNDAYS & 9PM TUES, WED, THURS BEGINING MID NOVEMBER THROUGH FEBRUARY

## 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.