

fitness

at Bernard Horwich JCC

Pool Schedule

Lap Swim is reserved for ages 16+ | See policies on back for more information

SUN	MON	TUES	WED	THURS	FRI	SAT
9:30AM-12:30PM W. FAMILY & LAP SWIM	6-7AM MEN'S LAP SWIM	6-7AM MEN'S LAP SWIM	6-7AM MEN'S LAP SWIM	6-7AM MEN'S LAP SWIM	6-7AM MEN'S LAP SWIM	POOL CLOSED
12:30-2PM WOMEN'S LAP SWIM	7-8AM WOMEN'S LAP SWIM	7-9AM WOMEN'S LAP SWIM	7-9AM WOMEN'S LAP SWIM	7-9AM WOMEN'S LAP SWIM	7-9AM WOMEN'S LAP SWIM	
2-3PM MEN'S LAP SWIM	8-8:55AM DEEP WATER AQUA AEROBICS	9-9:55AM AQUA AEROBICS	9-9:55AM AQUA AEROBICS	9-9:55AM AQUA AEROBICS	9-9:55AM DEEP WATER AQUA AEROBICS	
3-5PM M. FAMILY & LAP SWIM	9-9:55AM AQUA AEROBICS	10-11AM WOMEN'S LAP SWIM	10AM-12PM POOL CLOSED	10-11AM WOMEN'S LAP SWIM	10AM-12:30PM WOMEN'S LAP SWIM	
5-6P MEN'S LAP SWIM	10AM-12PM POOL CLOSED	11AM-1PM COED LAP SWIM	12-2:30PM COED LAP SWIM	11AM-1PM COED LAP SWIM	12:30-1:30PM POOL CLOSED	
	12-1PM MEN'S LAP SWIM	1-2:30PM MENS LAP SWIM	2:30-5:30PM WOMEN'S LAP SWIM	1-3:30PM POOL CLOSED	1:30-3:30PM COED LAP SWIM	
	1-7PM POOL CLOSED	2:30-7PM POOL CLOSED	5:30-7PM POOL CLOSED	3:30-5:30PM WOMEN'S LAP SWIM	3:30-5PM MENS'S LAP SWIM	
	7:30-9:30PM W. FAMILY & LAP SWIM	7:30-9:30PM M. FAMILY & LAP SWIM	7:30-9:30PM W. FAMILY & LAP SWIM	5:30-7PM POOL CLOSED		
				7:30-9:30PM M. FAMILY & LAP SWIM		

Pool Policies

Bernard Horwich JCC is making safety a priority for our families and community. We ask that all who use this facility as well as those who attend adhere to the rules.

DAY PASSES

The pool is open to the public during Open Swim and Lap Swim. Daily passes can be purchased at the front desk.

Ages 3 & Under | FREE

Ages 4-15 | \$7

Ages 16+ | \$12

Members | FREE

DRESS CODE

- All patrons who enter the pool must wear a lined swimsuit and take a shower before entering the pool.
- Hair must be kept in a ponytail or bathing cap.
- All non-toilet trained individuals, or anyone under the age of 3 years, must wear 2 types of swim diapers: 1 disposable swim diaper, and 1 reusable swim diaper. All diapers must be tight fitting in order to prevent leakage.
- All band-aids must be removed before entering the pool.
- Pool attire must be specifically made for pool use. Street clothes are not allowed in the pool.
- Street shoes are not allowed on pool deck, bare feet or deck shoes only.

SAFETY RULES & INFORMATION

- No running allowed.
- Food and drinks are not allowed in the pool area or locker rooms.
- Diving is not permitted in water less than 5 feet.
- No outside floatation devices or toys are allowed in the pool.
- Children ages 9 and under in the pool must be accompanied by an adult. Adults must stay within an arm's length of child.
- Children can't be left in a stroller / unattended on deck while the guardian is swimming.
- Guardians 18 years and older can't bring children into the deep end if they have not passed the deep end test.
- Children ages 3 and under are allowed to swim during opposite gender times and allowed in opposite gender locker rooms.
- Guardians are limited to supervising no more than three children under the age of 9 at a time.
- The responsible guardian can't engage in other activities, such as lap swimming, while supervising children in the pool.
- Lap Swim is for ages 16+.
- Adult locker rooms are for ages 18+ and JCC employees.
- Any conduct affecting the safety and comfort of others, including but not limited to horseplay, rough housing, and excessive splashing or dunking, will not be tolerated.
- Breath holding activities are not permitted under any circumstance.
- Lifeguards are not present during adult only swim times.
- In the event of an emergency or when only one lifeguard is on duty and steps away from their post, all swimmers will be asked to leave the pool area and enter the locker rooms.
- The lifeguard's primary role is to respond to emergencies and enforce the pool rules. They have the final discretion in enforcing these rules.