



February 1 - March 31

JCC Chicago

Bernard Weinger JCC Pool Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30							
6:00			Masters Swim Group 5:45-6:45am	Adult Lap Swim 5:00-8:00am	Adult Lap Swim 5:00-8:30am	Masters Swim Group 5:45-6:45am	Pool Closed
6:30	Pool Closed	Adult Lap Swim 5:00-8:00am					
7:00			Adult Lap Swim 5:00-9:00am			Adult Lap Swim 6:45-9:00am	Tri Swim Training 6:45-8:00am Starts Nov 3 *1 lane available for lap swimming
7:30	Adult Lap Swim 7:00-8:00am						Adult Lap Swim 8:00-8:50am
8:00							
8:30	Aqua H2O 20/20/20* 8:00-8:50am	Aqua Fit* 8:00-9:00am		Hydo Pilates* 8:00-9:00am			
9:00					Aqua Fit* 8:30-9:30am		
9:30		Adult Lap Swim 9:00-9:30am	Aqua Pump* 9:00-10:00am	1/2 LKSA 9:00-10:00am 1/2 Open Swim		Aqua Fit* 9:00-10:00am	LKSA* 9:00-9:30am
10:00		1/2 Early Childhood 9:30-11:30am 1 Adult Lap Lane		Adult Lap Swim 10:00-11am			1/2 LKSA 9:30am-10:20 am 1/2 Deep Water Aerobics
10:30			Adult Lap Swim 10:00-11:00 am		1/2 Early Childhood 9:30-11:30 am 1 Adult Lane Lap Swim	1/2 Adult Lap Swim 1/2 Gadol Keshet Swim 10:00-11:00am	LKSA* 10:20-11:00pm
11:00	LKSA* 9:00am-1:00pm *1 lane available for adult lap swim		Parent Tot Drop In 11:00-11:30am			Parent Tot Drop In 11:00-11:30am	1/2 LKSA*** 11:00-12:00pm 1/2 Jr. Swim Club*
11:30		Lap Swim 11:30-12:15pm					
12:00		Hydo Pilates 12:15-1:15pm	Open Swim 11:30am-3:00pm	Open Swim 11:00am-1:00pm		Open Swim 11:30am-2:30pm	LKSA*** 12:00-1:00pm *1 lane available for adult lap swim
12:30					1/2 LKSA 11:30am-1:00pm 2 Lanes Adult Lap Swim		
1:00							
1:30	1/2 LKSA*** 1:00-2:00pm 1/2 Family Swim**	Open Swim 1:15-3:00pm		1/2 Adult Lap Swim 1:00-3:00pm 1/2 MEL	Open Swim 1:00-3:00pm		1/2 LKSA 1:00-2:00pm 1/2 Family Swim**
2:00							
2:30	1/3 LKSA*** 2:00-3:00pm 1/3 Family Swim** 1/3 Jr. Swim Club**						
3:00							Family Swim** 2:00-4:00pm
3:30	1/2 LKSA*** 3:00-4:00pm 1/2 AIS Swim Club*	LKSA*** 3:00-6:00 pm *1 lane available for adult lap swim	LKSA*** 3:00-6:30pm *1 lane available for adult lap swim	LKSA*** 3:00-6:30pm *1 lane available for adult lap swim	LKSA*** 3:00-6:30pm *1 lane available for adult lap swim	SSDS Swim 2:30-4:00pm *Starts Nov 2	
4:00							
4:30	Open Swim 4:00-5:30pm	1/2 RZJHS 4:15-5:30pm		1/2 RZJHS* 4:15-5:30pm	LKSA***	LKSA* 4:00-5:30 pm *1 lane available for adult lap swim	Open Swim 4:00-5:45pm
5:00			Jr. Swim Club 5:00-6:00pm	Girls only Swim Club 5:15-6:15pm		1 lane Parent/ Child Swim 3:00-5:30pm	
5:30		LKSA*** 5:30-6:00pm 1 lane Parent/ Child Swim 5:30-6:00pm			Jr. Swim Club 5:30-6:30pm		
6:00	Water Polo Drop in 5:30-6:45pm No open Lap swimming		1 lane Parent/ Child Swim 4:00-6:15pm	1 lane Parent/ Child Swim 5:30-6:15pm	1 lane Parent/ Child Swim 4:00-6:15pm	1/2 Adult Lap Swim 5:30-7:45pm	
6:30		New Trier Swim Club* 6:00-7:30pm *1 lane available for adult lap swim		New Trier Swim Club* 6:30-8:30 pm *1 lane available for adult lap swim	New Trier Swim Club* 6:30-8:30 pm *1 lane available for adult lap swim	New Trier Swim Club* 6:00-7:30pm	
7:00			New Trier Swim Club* 6:30-8:30 pm *1 lane available for adult lap swim				Pool Closes at 5:45pm
7:30							
8:00	Pool Closes at 6:45 pm	Tri Swim Training* 7:30-8:45 pm Starts Nov 5					
8:30			Adult Lap Swim 8:30-9:45pm	Adult Lap Swim 8:30-9:45pm	1/2 Adult Lap Swim 8:45-9:45pm	Pool Closes at 7:45 pm	
9:00		Adult Lap Swim 8:45-9:45pm					
9:30							

- Masters Swim Group**
- Early Childhood**
- Keshet**
- LKSA = Lenny Krayzelburg Swim Academy**
- Parent Tot Drop In**
- MEL/Keshet**
- Tri Swim Training**
- Family Swim**
- Open Swim**
- Adult Lap Swim**
- Rental**
- School Classes**
- Jr. Swim Club**
- AIS Swim Club**

Lessons may be held during open and family swim.

* During programs one lane will be available for adult lap swimmers (must be 15 years or older).

** LKSA families may attend family swim for free by checking in at the front desk.

***Jr Swim Club is offered Sunday: 2:00-3:00 pm. Tuesday 5:00-6:00 pm, Thursday 5:30-6:30 pm, and Saturday 11:00 am- 12:00: pm

Lifeguard on Duty

Sunday:	9:00 am - 4:00 pm
Monday:	9:30 am - 11:30 am
Tuesday:	4:00 pm - 6:00 pm
Wednesday:	4:00 pm - 6:00 pm
Thursday:	9:30 am - 11:30 am
	4:00 pm - 6:30 pm
Saturday:	9:00 am-4:00 pm

For more information or to register, please call 224.406.9200. Visit jccchicago.org/aquatics for special events or pool closures. **Schedule subject to change

Weinger JCC Pool:

Rules

- All patrons who enter the pool must wear a lined swimsuit and take a shower before swimming.
- Please walk on the pool deck.
- Food and drinks are not allowed in the pool area or locker rooms. Glass containers are prohibited.
- Diving is not permitted in water less than 8 feet.
- All floatation devices must be Coast Guard approved.
- Any conduct affecting the safety and comfort of others, including but not limited to horseplay, rough housing and excessive splashing, excessive breath holding or dunking will not be tolerated.
- Admission to the swimming facility shall be refused to all persons having any contagious disease.
- If present, lifeguards are responsible for enforcing safety rules and responding to emergencies.
- Parents or guardians should supervise their children at all times.
- Lifeguards have the final discretion in rule enforcement.
- No one should swim alone.
- Street clothes and head garments are not allowed in the pool
- All non-toilet trained individuals must wear a tight fitting disposable swim diaper and a tight fitting plastic or rubber pants over the disposable diaper in addition to the swim suit. These diapers are reusable and washable and may be found in most stores or purchased at the front desk.
- Anyone who wished to swim in the deep end will be subject to a deep end test daily.
- Persons less than 16 years of age must be accompanied by a responsible person 16 years of age or older unless a lifeguard is present; the responsible person must be within an arms length of the swimmer unless the swimmer has passed the deep end test that day. In addition:
 - a. Children cannot be left in a stroller/unattended while their guardian is swimming.
 - b. A responsible guardian cannot engage in other activities such as lap swimming while supervising children in the pool.
 - c. Guardians 16 years and older cannot bring children into the deep end if they have not passed the deep end test.
 - d. All Children under 10 must be accompanied in the pool with an adult unless they have passed the deep end test.
- Lap swim is for those 16 years of age and older.

Locker rooms

Men's

- Male children must be 10 years of age or older to use the Men's locker room unaccompanied.
- Male children under 10 years of age may use the Men's locker room when accompanied by a male guardian.
- Family locker rooms are available for use in all other circumstances.

Women's

- Female children must be 10 years of age or older to use the Women's locker room unaccompanied.
- Female children under 10 years of age may use the Women's locker room when accompanied by a female guardian.
- Family locker rooms are available for use in all other circumstances.

Aqua Fitness

Master's Swim: Workouts are designed to help both competitive and non-competitive swimmers improve their overall fitness and technique, and offer an alternative non-impact workout. We offer structured workouts weekly with well qualified coaches to get you ready for your next race, whether it be a Master's swim meet or an open water event.

Aqua Fit: Deep water running and shallow water choreography combine to give you a balanced cross training workout. Natural water resistance, noodles and foam dumbbells are used to burn fat, develop lean muscles, improve posture and enhance endurance.

Aqua Pump: This class combines cardiovascular conditioning with upper and lower body toning. Be ready to get your heart pumping!

Hydro Pilates: This NON-IMPACT class includes moves from Pilates, Tai-Chi and Yoga. Practicing Pilates in the water develops core strength, stabilization, helps correct posture and improves balance. The relief of stress is an extra bonus from this class.

Deep Water: This aqua class is a complete workout in deep water using our core. We will use water weights & noodles.

AQUA H2O-20/20/20: A total body workout in the water without the impact. This workout incorporates cardio, strength and core.