



jccchicago

Winter 2019

Bernard Horwich JCC Pool
3003 W Touhy Ave
Chicago, IL 60645

Bernard Horwich JCC Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:15								
6:30		Adult Lap Swim 6:15-7:40am	Adult Lap Swim 6:15-7:40am	Adult Lap Swim 6:15-7:40am	Adult Lap Swim 6:15-7:40am	Adult Lap Swim 6:15-7:40am		
7:00	Pool Closed						POOL CLOSED	
7:30								
8:00		MEN'S ONLY LAP SWIM 7:45-8:45am	MEN'S ONLY LAP SWIM 7:45-8:45am	MEN'S ONLY LAP SWIM 7:45-8:45am	MEN'S ONLY LAP SWIM 7:45-8:45am	MEN'S ONLY LAP SWIM 7:45-8:45am		
8:30	Adult Lap Swim 8-9am							
9:00	BOYS & GIRLS BSS SWIM LESSONS & CoEd OPEN SWIM 9-10:45 am	WOMEN'S ONLY LAP SWIM 8:50 -10 am	WOMEN'S ONLY WATER AEROBICS 8:50- 9:50 am	WOMEN'S ONLY WATER AEROBICS 8:50-9:50 am	WOMEN'S ONLY LAP SWIM 8:50-11 am	WOMEN'S ONLY WATER AEROBICS 8:50-11 am		
9:30								
10:00		WOMEN'S ONLY WATER AEROBICS 10-10:50 am	EARLY CHILDHOOD 10 -11:30 am	EARLY CHILDHOOD 10 -11:30 am				
10:30								
11:00	Open Swim 2 Lanes Women & Girls Only 11 am- 1:15pm	ADULT LAP SWIM 11 am-12:50 pm	ADULT LAP SWIM 11:40 am- 12:50 pm	ADULT LAP SWIM 11:40 am- 12:50 pm	ADULT LAP SWIM 11 am-12:50 pm	ADULT LAP SWIM 11 am-12:50 pm		
11:30								
12:00	Girls Swim Lessons 2 Lanes 11 am- 1:15pm							
12:30								
1:00		MEN'S ONLY LAP SWIM 1-1:50 pm	Closed for Rental 1-2 pm	Closed for Rental 1-2 pm	MEN'S ONLY LAP SWIM 1-1:50 pm	MEN'S ONLY LAP SWIM 1-1:50 pm		
1:30	K CA 9B / ; F @ G CD 9B GK -A 1:15 - 2:45 pm							
2:00		Closed for Rental 2:13 pm	WOMEN'S ONLY LAP SWIM 2 - 3 pm	WOMEN'S ONLY LAP SWIM 2 - 3 pm	Closed for Rental 2:13 pm	Men and Boys only Open Swim 2 - 3pm		
2:30								
3:00	Closed for Rental 3-4 pm	BCMG & G-F @ GBSS SK -A L 9GGCBG 2 LANES ADULT OD 9B SK -A 2 L5B9G 3:15-5:30 pm	Boys BSS Swim Lessons 2 Lanes M 9B 16; C B @ M @ 5D GK -A 2 L5B9G 3:15-5:30 pm	Boys & Girls BSS Swim Lessons 2 LANES ADULT Open Swim 2 LANES 3:15-5:30 pm	Open Swim Men Only 3-4pm			
3:30								
4:00								
4:30	Open Swim 2 Lanes MENS & BOYS ONLY 4-7pm	Open Swim 2 Lanes Girls Swim Lessons 2 Lanes 5:45-6:45 pm	Open Swim 2 Lanes Boys Swim Lessons 2 Lanes (.4) - (.7) pm	Open Swim 2 Lanes Girls Swim Lessons 2 Lanes 5:45-7:15 pm	MEN & BOYS ONLY (!, da			
5:00								
5:30	Boys Swim Lessons 2 Lanes 4-7pm							
6:00		Pool Closed 7:00-8:00pm	Coed Open Swim 2 Lanes BSS PRE-TEAM 7:30- 8 pm					
6:30								
7:00								
7:30	A 9B CB @ M 7:00-8:00pm							
8:00		K CA 9B / ; F @ G CD 9B GK -A 8-9pm	A 9B CB @ M 8:10 - 10 pm		K CA 9B / ; F @ G CD 9B GK -A 7:15-9 pm			
8:30								
9:00		Women Only 9-10 pm		Women Only 9-10 pm	A 9B CB @ M 8 - 10 pm			
9:30	Pool Closed							
10:00								

- Women Only/Water Classes**
- Girls Swim Lessons Only**
- Women and Girls Only**
- Women and Girls Community Swim: No Lap Swimming Allowed**
- Adult Lap Swim: Co-Ed**
- BBS Swim Lessons**
- Men Only Lap Swim**
- Men and Boys Community Swim: No Lap Swimming Allowed**
- Men and Boys Only: Lap Lanes Available**
- Adult Swim**
- Early Childhood**
- Rental**
- BSS Swim Team - Coed**

Schedule subject to change

For more information or to register, please call 773.761.9100 or visit jccchicago.org/aquatics

British Swim School and Horwich JCC Pool Rules:

British Swim School and the Bernard Horwich JCC are partnering in making safety a priority for our families and community. We ask that all who use this facility as well as those who attend BSS swim classes adhere to the rules.

The pool is open to the public during Open Swim and Adult Lap Swim. Pool Day Passes, purchased at the JCC front desk, are: \$12 for Adults (16yrs+) and \$7 for children; J-Fit members and children under 3 years old swim for free.

Anyone swimming with British Swim School must be enrolled in our classes. **Please contact our main office with any questions about pricing or enrollment at (708) 613-5179.**

General Rules:

- Anyone under the age of 18 years old **MUST** be accompanied by a parent or guardian (18+ years) while attending BSS Swim Lessons. Parents must stay on the pool deck for the duration of the lesson. During boys-only swim lessons, mothers will be allowed on deck. Additionally, two lanes will be open for boys/mens-only open swim.
- Any child arriving for swim lessons or swim team unaccompanied will not be allowed in the pool.
- Anyone who wishes to swim in the deep end will be subject to a deep end swim test. *Deep end tests are conducted in the first 30 minutes of Open Swim only*
- A rubber wristband will be issued to deep water swimmers. If the swimmer forgets the wristband, they will **not** be allowed to swim in the deep end.

Open Swim/Community Swim/Family Swim: Children 9 years old and under **must** be accompanied **in the water** by a parent or guardian (18+ years); the parent or guardian must stay within an arm's length of the child, unless the child has passed the deep end swim test and is wearing a rubber wristband. If the child has passed the deep water test and is wearing the wristband, parents are still required to supervise, but may do so from the pool deck.

1. Children cannot be left in a stroller / unattended on deck while the guardian is swimming.
 2. The responsible guardian cannot engage in other activities, such as lap swimming, while supervising their children in the pool
 3. Guardians 18 years and older cannot bring children into the deep end if they have not passed the deep end test.
 4. Guardians are limited to 4 children under 9 years old to supervise
- Lap Swim is for those 16 years of age and older
 - No running on deck - walking only
 - Street shoes are not allowed on deck - bare feet or deck shoes only
 - 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
 - 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
 - Adult locker rooms are reserved for employees and for those 18 years of age and older.
 - Children 3 years old and under are allowed to swim during opposite gender times and allowed in opposite gender locker rooms.
 - The lifeguard's primary role is to respond to emergencies and enforce the pool rules
 - Lifeguards have the final discretion in enforcing these rules

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
- Anyone participating in British Swim School lessons must wear the level issued swim cap (will receive on your first day)
- 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.
- Outdoor shoes are not permitted on the pool deck.