



Winter 2020

Effective March 9, 2020

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

Bernard Horwich JCC Pool Schedule

6:15	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30	Pool Closed	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	POOL CLOSED
7:00							
7:30							
8:00		Men Only Lap Swim 7:45 - 8:45am	Men Only Lap Swim 7:45 - 8:45am	Men Only Lap Swim 7:45 - 8:45am	Men Only Lap Swim 7:45 - 8:45am	Men Only Lap Swim 7:45 - 8:45am	
8:30	Adult Lap Swim						
9:00		Women Only Lap Swim 8:50-11am	Women Lap /Aqua Aerobics 8:50-9:50am	Women Lap /Aqua Aerobics 8:50-9:50am	Women Only Lap Swim 8:50-11am	Women Lap /Aqua Aerobics 8:50 - 11am	
9:30	Boys & Girls BSS Swim Lessons & Coed Open Swim 9 - 10:45am						
10:00			EC Swim 10- 11:45am	EC Swim 10- 11:30am			
10:30					Adult Lap Swim 11am - 12:45pm	Adult Lap Swim 11am-12:45pm	
11:00	Girls Swim Lessons 2 Lanes	Adult Lap Swim 11- 12:45pm	Adult Lap Swim 11:50am - 1pm	Pool Closed for Rental 11:30am-12:30pm			
11:30	Women & Girls Only Open Swim 2 Lanes 11am - 1:15pm						
12:00		Men Only Lap Swim 12:45-2:25pm	Men Only Lap Swim 1-2 pm	Women Only Lap Swim 12:45 - 3pm	Pool Closed for Rental 1-3 pm	Pool Closed for Rental 12:45-1:45pm	
12:30							
1:00	Women & Girls Open Swim 1:15 - 2:45pm		Pool Closed for Rental 2-3 pm				
1:30						Men & Boys Open Swim 2 - 4pm	
2:00		Women Lap /Aqua Aerobics 2:30-3:55pm	Adult Lap Swim 3:15 - 4pm	Adult Lap Swim 3:15 - 4pm	Adult Lap Swim 3:15 - 4pm		
2:30							
3:00	Men & Boys Open Swim 3 - 4pm						
3:30		Boys & Girls BSS Swim Lessons & Adult Open Swim 2 Lanes 4 - 5:30pm	Boys Swim Lessons 2 Lanes	Boys & Girls BSS Swim Lessons & Adult Open Swim 2 Lanes 4 - 5:30pm	Men & Boys Open Swim 4 - 7:45pm	Pool Closes at 4pm	
4:00							
4:30	Boys Swim Lessons 2 Lanes	Girls Swim Lessons 2 Lanes Women & Girls Open Swim 5:45 - 7:15pm	Men & Boys Open Swim 4 - 7:45pm	Girls Swim Lessons 2 Lanes Women & Girls Open Swim 5:45 - 7:15pm			
5:00	Men & Boys Open Swim 4 - 7pm						
5:30		Women & Girls Open Swim 7:15 - 8:45pm		Women & Girls Open Swim 7:15 - 8:45pm			
6:00			Men Only Lap Swim 7:45 - 10pm		Men Only Lap Swim 7:45 - 10pm		
6:30				Women Only Lap Swim 8:45 - 10pm			
7:00							
7:30	Men Only Lap Swim 7 - 9pm						
8:00							
8:30							
9:00							
9:30	Pool Closed	Women Only Lap Swim 8:45 - 10pm		Women Only Lap Swim 8:45 - 10pm			
10:00							

- Women Only / Aqua Aerobic Classes
- Girls Swim Lessons / Women and Girls Only
- Adult Lap Swim: Co-Ed
- Co-Ed Swim Lessons / Co-ed Adult Open Swim
- Men Only Lap Swim
- Boys Swim Lessons / Men Only Lap Swim
- BoysMen and Boys Only
- Early Childhood
- Co-ed Open Swim

Schedule Subject to Change

*See policies on back for more information

For more information, 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.
- Breath holding activities are not permitted under any circumstance.

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.
 - *In case of emergency or when there is only ^{Women & Girls} ^{Open Swim} ^{6-9pm} (1) lifeguard on duty, all swimmers will be asked to leave the pool area and enter the locker rooms if the guard steps away from his/her post. This is at the discretion of the lifeguard on duty, and must be followed for safety reasons.
 - 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.