### Weinberg Park Heights JCC Pool Schedule

**September 8 - October 31, 2020**

<table>
<thead>
<tr>
<th></th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female Swim</td>
<td>7:00-10:45am</td>
<td>Male Swim 7:15am-1:00pm</td>
<td>Female Swim 7:15am-1:00pm</td>
<td>Male Swim 7:15am-1:00pm</td>
<td>Female Swim 7:15am-1:00pm</td>
<td>Female Swim 7:15-10:00am</td>
</tr>
<tr>
<td>CLEANING</td>
<td>10:45-11:15am</td>
<td>CLEANING 1:00-2:15pm</td>
<td>CLEANING 1:00-2:15pm</td>
<td>CLEANING 1:00-2:15pm</td>
<td>CLEANING 1:00-2:15pm</td>
<td>CLEANING 10:00-10:30am</td>
</tr>
<tr>
<td>Male Swim</td>
<td>11:15am-3:00pm</td>
<td>Female Swim 2:15-8:00pm</td>
<td>Male Swim 2:15-8:00pm</td>
<td>Female Swim 2:15-8:00pm</td>
<td>Male Swim 2:15-8:00pm</td>
<td>Male Swim 10:30am-1:15pm</td>
</tr>
<tr>
<td>CLEANING</td>
<td>3:00-3:30pm</td>
<td>CLEANING 8:00-8:30pm</td>
<td>CLEANING 8:00-8:30pm</td>
<td>CLEANING 8:00-8:30pm</td>
<td>CLEANING 8:00-8:30pm</td>
<td>CLEANING 1:15-2:00pm</td>
</tr>
</tbody>
</table>

*Pool is open by reservation only. Each patron can sign up for 45 minute time slots 1x/day, up to 3x/week. Please review our updated policies and procedures by visiting [www.jcc.org/reservationrules](http://www.jcc.org/reservationrules).*

Pool schedules can also be found online at [jcc.org/poolschedule](http://jcc.org/poolschedule).

Contact Rebecca Chinsky: 410.559.3542 | rchinsky@jcc.org
**POOL RULES**

- Lifeguard(s) on duty have the final say regarding all pool rules, pool regulations and pool situations.
- Swim Classes of any kind take precedence over lap and general and the lanes
- State law requires soap showers immediately before entering pool.
- ALL swimmers with earlobe-length hair or longer are encouraged to wear a swim cap. Tying hair up is acceptable.
- Diving is only permitted in the deep end of the pool. No Use of Starting Blocks!
- All children under the age of 11 must take and pass a deep end swim test to swim in water over 5 feet. Anyone struggling to swim in deep water may be required to take the test.
- No car seats or strollers are permitted on the pool deck.
- No running on pool deck, no pushing/horseplay, no jumping on one another in and around pool.
- Children age 11 and over may swim on their own. An adult must supervise children ages of 7-10 years old. Children under age 7 are not allowed in the pool unless an adult accompanies them in the water. An adult swimming laps is not considered supervision!
- During female-only and male-only swims, children under age six of the opposite gender are allowed.
- An ADULT is any person age 18+.
- Water wings or other inflatable flotation devices are not allowed.
- Infants and toddlers, who are not potty trained, MUST WEAR specially made swim diapers, i.e. little swimmies. No disposable diapers or rubber pants are permitted in the pool.
- A proper bathing suit is required in the pool. No underwear, cut-off jeans/pants or colored t-shirts are allowed.
- No street shoes are allowed on the pool deck. You must wear a different pair of shoes on the deck—other than you wear outside (e.g. pool shoes, sandals, slippers, etc.).
- All Band-Aids and bandages must be removed before entering pool. If you have an open wound or cut, you will NOT be permitted to swim in the pool.
- No spitting in the pool or on the pool deck.
- A maximum of 5 swimmers per lap lane at one time, except during Swim Team. If there are more than 2 swimmers in a lane, please circle-swim with others in the lane.
- If you are not doing continuous back and forth swimming in a lap lane, you will be asked to exit that lane. Lifeguards have the right to tell you to switch lanes when pool is busy.

**THE FAMILY CHANGING ROOM AREA IS ALWAYS COED, and the window to the hall is never covered. Please plan accordingly.**

*Management reserves the right to change lane usage and close/open the pool for use as necessary.
Please direct all suggestions and/or comments to the Aquatics Director, 410.559.3542*