



# POOL SCHEDULE

September 2022 through mid-June 2023



## MONDAYS & WEDNESDAYS

- 6:30 AM – 8:55 AM | Men's Adult Swim, ages 16+
- 9:00 AM – 12:55 PM | Women's Adult Swim, ages 16+
- 12:00 PM – 12:45 PM | Women's Adult Exercise Class
- 1:00 PM – 5:00 PM | Reserved for Instructional Swim, School Rentals
- 5:00 PM – 6:00 PM | Men's Adult Swim, ages 16+
- 6:00 PM – 8:00 PM | Men's Open Swim & Father/Child Co-ed Swim (girls must be 6 and under)
- 8:00 PM – 10:00 PM | Men's Adult Swim, ages 16+

## TUESDAYS & THURSDAYS

- 6:30 AM – 8:55 AM | Men's Adult Swim, ages 16+
- 9:00 AM – 12:55 PM | Women's Adult Swim, ages 16+
- 1:00 PM – 5:00 PM | Reserved for Instructional Swim, School Rentals
- 5:00 PM – 6:00 PM | Women's Adult Swim, ages 16+
- 6:00 PM – 8:00 PM | Women's Open Swim & Mother/Child Co-ed Swim (boys must be 6 and under)
- 8:00 PM – 9:30 PM | Women's Adult Swim, ages 16+

## FRIDAYS

- 6:30 AM – 8:55 AM | Men's Adult Swim, ages 16+
- 9:00 AM – 12:55 PM | Women's Adult Swim, ages 16+
- 1:00 PM – Closing | Reserved for Instructional Swim

## SATURDAY NIGHTS

November 12, 2022 through mid-March 2023 . Full Saturday night schedule available at the front desk or online.

Men's Adult Swim | Pool opens ~50 minutes after Shabbat and until 10 PM. Building closes at 10:15 PM.

## SUNDAYS

- 8:00 AM – 12:55 PM | Men's Adult Swim, ages 16+
- 11:00 AM – 12:55 PM | Men's Open Swim & Father/Child Co-ed Swim (girls must be 6 and under)
- 1:00 PM – 3:30 PM | Women's Adult Swim, ages 16+
- 3:30 PM – 6:25 PM | Women's Open Swim & Mother/Child Co-ed Swim (boys must be 6 and under)

## MORE INFO



- **ADULT SWIM** is reserved for those aged 16+. Lap swim takes precedent over other forms of exercise.
  - **CHILDREN AGES 10 AND OLDER** are permitted to swim unattended during select times during Open Swim, provided that they know how to swim on their own.
  - **CHILDREN AGES 9 & YOUNGER** must swim with an adult at all times. See schedule for times.  
*Parent/Child Co-ed Swim*
- + Children must be 6 years old and under to qualify for co-ed swim.  
+ Children ages 3 and older of the opposite sex can change in the Family Changing Room, only.  
+ Heads up: There is no changing in the sauna or on the pool deck.

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No food or drinks on pool deck. Street shoes of any kind are forbidden in the pool area.



The Center reserves the right to one lane, at any time, for private swim instruction.

