

MAX ADLER LAP POOL SCHEDULE MARCH 2019

MONDAY

| | |
|------------------|-------------------------------------|
| 5:00am - 12:00pm | 4 Lap Lanes 2 Open Lanes |
| 12:00pm - 2:00pm | 5 Lap Lanes 1 Water Walking Lane |
| 2:00pm - 5:00pm | 4 Lap Lanes 2 Open Lanes |
| 5:00pm - 7:30pm | 5 Lap Lanes 1 Water Walking Lane |
| 7:30pm - 9:30pm | 4 Lap Lanes 2 Open Lanes |

TUESDAY

| | |
|-------------------|---|
| 5:00am - 9:30am | 5 Lap Lanes 1 Water Walking Lane |
| 9:30am - 10:30am | H2O Bootcamp (Avi) |
| 10:30am - 12:00pm | 4 Lap Lanes 2 Open Lanes |
| 12:00pm - 3:00pm | 5 Lap Lanes 1 Water Walking Lane |
| 3:00pm - 4:30pm | 4 Lap Lanes 2 Open Lanes |
| 4:30pm - 5:45pm | 1 Lap Lanes 2 Open Lanes 3 Swim Lesson Lanes (\$) |
| 5:45pm - 7:45pm | 5 Lap Lanes 1 Water Walking Lane |
| 7:45pm - 9:30pm | 4 Lap Lanes 2 Open Lanes |

WEDNESDAY

| | |
|------------------|---|
| 5:00am - 12:00pm | 4 Lap Lanes 2 Open Lanes |
| 5:00am - 6:30am | 5 Lap Lanes 1 Water Walking Lane |
| 12:00pm - 3:00pm | 5 Lap Lanes 1 Water Walking Lane |
| 3:00pm - 4:30pm | 4 Lap Lanes 2 Open Lanes |
| 4:30pm - 5:45pm | 1 Lap Lanes 2 Open Lanes 3 Swim Lesson Lanes (\$) |
| 5:45pm - 7:30pm | 5 Lap Lanes 1 Water Walking Lane |
| 7:30pm - 9:30pm | 4 Lap Lanes 2 Open Lanes |

THURSDAY

| | |
|-------------------|---|
| 5:00am - 9:00am | 5 Lap Lanes 1 Water Walking Lane |
| 9:00am - 10:00am | Power Aqua (Christy) |
| 10:00am - 12:00pm | 4 Lap Lanes 2 Open Lanes |
| 12:00pm - 3:00pm | 5 Lap Lanes 1 Water Walking Lane |
| 3:00pm - 4:30pm | 4 Lap Lanes 2 Open Lanes |
| 4:30pm - 5:45pm | 1 Lap Lanes 2 Open Lanes 3 Swim Lesson Lanes (\$) |
| 5:45pm - 7:45pm | 5 Lap Lanes 1 Water Walking Lane |
| 7:45pm - 9:30pm | 4 Lap Lanes 2 Open Lanes |

FRIDAY

| | |
|-------------------|-------------------------------------|
| 5:00am - 9:00am | 5 Lap Lanes 1 Water Walking Lane |
| 9:00am - 10:00am | Hydro Fit (Christy) |
| 10:00am - 12:00pm | 4 Lap Lanes 2 Open Lanes |
| 12:00pm - 3:00pm | 5 Lap Lanes 1 Water Walking Lane |
| 3:00pm - 5:30pm | 4 Lap Lanes 2 Open Lanes |

SATURDAY

| | |
|-------------------|-------------------------------------|
| 8:00am - 10:30am | 5 Lap Lanes 1 Water Walking Lane |
| 10:30am - 12:00pm | 4 Lap Lanes 2 Open Lanes |
| 12:00pm - 2:00pm | 5 Lap Lanes 1 Water Walking Lane |
| 2:00pm - 5:00pm | 4 Lap Lanes 2 Open Lanes |
| 5:00pm - 6:30pm | 5 Lap Lanes 1 Water Walking Lane |
| 6:30pm - 8:00pm | 4 Lap Lanes 2 Open Lanes |

SUNDAY

| | |
|-------------------|---|
| 8:00am - 10:00am | 5 Lap Lanes 1 Water Walking Lane |
| 10:00am - 12:00pm | 4 Lap Lanes 2 Open Lanes |
| 12:00pm - 1:00pm | 1 Lap Lanes 3 Open Lanes 2 Swim Lesson Lanes (\$) |
| 1:00pm - 5:00pm | 4 Lap Lanes 2 Open Lanes |
| 5:00pm - 6:30pm | 5 Lap Lanes 1 Water Walking Lane |
| 6:30pm - 8:00pm | 4 Lap Lanes 2 Open Lanes |

BOBRY POOL SCHEDULE MARCH 2019

MONDAY

| | |
|-------------------|---|
| 7:30am - 9:00am | Open Swim |
| 9:00am - 10:00am | Power Oodles of Noodles Water Workout (Vanessa) |
| 10:00am - 11:00am | Open Swim |
| 11:00am - 11:45am | Lengthen Power Noodle Water Workout (Vanessa) |
| 11:45am - 5:30pm | Open Swim |
| 6:30pm - 7:30pm | Aqua Zumba® (Steve) |

TUESDAY

| | |
|-------------------|--|
| 7:30am - 8:45am | Open Swim |
| 8:45am - 9:30am | HydroRider Basic (Registration Required) (Christy) |
| 9:30am - 11:00am | Open Swim |
| 11:00am - 11:45am | Joints In Motion \$ (Christy) |
| 11:45am - 4:00pm | Open Swim |
| 4:00pm - 6:00pm | Swim Lessons \$ |
| 6:00pm - 8:00pm | Open Swim |

WEDNESDAY

| | |
|-------------------|-----------------------|
| 7:30am - 8:45am | Open Swim |
| 8:45am - 9:45am | Yoga Flow (Wendy) |
| 9:45am - 11:00am | Open Swim |
| 11:00am - 11:45am | Aquaerobics (Christy) |
| 11:45am - 4:00pm | Open Swim |
| 4:00pm - 6:00pm | Swim Lessons \$ |
| 6:30pm - 7:30pm | Aqua Zumba® (Steve) |

THURSDAY

| | |
|-----------------|-----------------|
| 7:30am - 4:00pm | Open Swim |
| 4:00pm - 5:30pm | Swim Lessons \$ |
| 6:30pm - 8:00pm | Open Swim |

FRIDAY

| | |
|-------------------|-----------------------|
| 7:30am - 11:00am | Open Swim |
| 11:00am - 11:45am | Aquaerobics (Christy) |
| 11:45am - 5:30pm | Open Swim |

SATURDAY

| | |
|------------------|---|
| 8:00am - 9:15am | Open Swim |
| 9:15am - 10:00am | HydroRider Basic (Registration Required) (Andrea) |
| 10:00am - 8:00pm | Open Swim |

SUNDAY

| | |
|------------------|-----------------|
| 8:00am - 10:00am | Open Swim |
| 10:00am - 1:00pm | Swim Lessons \$ |
| 1:00pm - 8:00pm | Open Swim |

Notes to Members: The Aquatic Center is one of the busiest areas of the JCC, with over 400 participants per day. While Lap Swimming is a high priority, we also must allow time for Water Exercise Classes, Red Cross Swimming Lessons, Child Care classes, After School Care, Vacation Programs, Deep Water Walking and Joints in Motion. Children 10 years old and younger must be accompanied by a parent/adult in the pool area. All non swimmers must be within arms reach of an adult in the water. Children may not be left unattended in the Kiddie pool. All children under 4 must wear a swim diaper. All swimmers must use the bathroom before entering the pool. All swimmers must shower before entering the pool. No glass is permitted anywhere at the pool. PLEASE UNDERSTAND THAT MORE THAN ONE ACTIVITY MAY BE GOING ON, AND ONLY ONE AREA OF THE POOL MAY BE AVAILABLE FOR YOUR USE. PLEASE NOTE THAT ANY PATRON ENTERING THE POOL WITH A CHILD 4 YEARS OLD OR YOUNGER MAY BE ASKED BY THE LIFEGUARDS ABOUT DIAPER USE. THIS IS TO KEEP OUR POOLS CLEAN AND OPEN, THANK YOU FOR YOUR UNDERSTANDING AND ASSISTANCE IN THIS MATTER. Birthday Parties Saturday and Sunday the Aquatic Facility hosts Birthday Parties. These parties are staffed by the JCC and use special equipment, please be aware that certain items and areas of the pool may be blocked off for these events.



Louis S. Wolk Jewish Community Center of Greater Rochester
The William and Mildred Levine Building
1200 Edgewood Avenue | Rochester, NY 14618

jccrochester.org
(585) 461-2000

POOL CLASS DESCRIPTIONS: MARCH 2019

AQUAEROBICS: This low impact workout will challenge those who need to get into shape, have arthritis, or have had joint problems. This class incorporates low cardio, muscle toning, strengthening and balance work.

AQUA ZUMBA®: Latin dance beats follows exercisers into the pool in this unique blend of water aerobics and dance.

H2O BOOTCAMP: Taught by a certified instructor, this class is ideal for anyone suffering from joint pain, range of motion or flexibility problems to push yourself in the pool. During the class, at least ONE lap lane will be left open for lap swimmers. Water walkers are welcome to use the deep end as long as they do not interfere with the class activities

HYDRO FIT: An excellent aerobic, strength and strength training program. High intensity and low impact; the instructor chooses class format and equipment. During the class, at least ONE lap lane will be left open for lap swimmers. Water walkers are welcome to use the deep end as long as they do not interfere with the class activities

HYDRORIDER BASIC (REGISTRATION REQUIRED): Spin your wheels in the water in this unique indoor cycling class in the pool. Perfect for all fitness levels, Hydrorider combines the best of cycling with the many benefits of exercising in the water. Water shoes required.

JOINTS IN MOTION \$: A 45 minute class designed for those with Arthritis pain and mobility issues.

LENGTHEN POWER NOODLE WATER WORKOUT: Aquatic Class to help stretch, lengthen and encourage body movement in the pool. Come join an upbeat, gentle way to workout in the water.

POWER AQUA: Focusing on muscle strengthening through the use of equipment and body weight exercises. During the class, at least ONE lap lane will be left open for lap swimmers. Water walkers are welcome to use the deep end as long as they do not interfere with the class activities.

POWER OODLES OF NOODLES WATER WORKOUT: A full hour of non-stop aerobics set to music, with emphasis on endurance and strength training.

YOGA FLOW: Let the water flow as you move through poses in this low impact, warm water class. Yoga Flow will simultaneously help you to develop strength, static balance and range of motion.

LAP SWIMMING RULES Lap swimming is the continuous swimming movement through the water, for the whole length of the pool. Please be courteous and wait at the end of the pool until you have made contact with members already swimming in the lane you wish to enter. Due to different lane set-ups, it is not always possible to swim in a lane that has your appropriate swimming speed. When two people are in the lane, the lane may be split if both members are in agreement. As soon as the third person enters the lane, everyone must circle swim. All rules and requests made by the lifeguards on duty must be followed; they have complete and final authority. During lap swim times the lifeguard may ask you to move to another lane in the interest of everyone's safety and enjoyment. During lap swim times, select the proper lane to swim in according to your average speed. If in doubt, ask the lifeguard for assistance. No standing or loitering is allowed at either end of the pool in lap lanes (except for brief resting 1-2 minutes). Elementary Backstroke and Butterfly are not permitted when sharing a lane with another swimmer. Water Jogging is allowed in the water-walking lane only. Lap swimmers and water-walkers should move in circles when there are two or more members in that lane. OPEN LANES - Lanes available for all recreational activities DAY CLASSES - During day classes in the Lap pool 1 lane will be made available when numbers allow



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