

POOL SCHEDULE

MAY 2019

MAX ADLER LAP POOL

MONDAY

5:00am - 9:30pm 4-5 Lap Swimming Lanes, 1-2 Water Walking/Open Lanes

TUESDAY

5:00am - 9:30pm 4-5 Lap Swimming Lanes, 1-2 Water Walking/Open Lanes

9:30am - 10:30am H2O Bootcamp (Avi)

WEDNESDAY

5:00am - 9:30pm 4-5 Lap Swimming Lanes, 1-2 Water Walking/Open Lanes

THURSDAY

5:00am - 9:30pm 4-5 Lap Swimming Lanes, 1-2 Water Walking/Open Lanes

9:00am - 10:00am Power Aqua (Christy)

FRIDAY

5:00am - 5:30pm 4-5 Lap Swimming Lanes, 1-2 Water Walking/Open Lanes

9:00am - 10:00am Hydro Fit (Christy)

SATURDAY

8:00am - 8:00pm 4-5 Lap Swimming Lanes, 1-2 Water Walking/Open Lanes

SUNDAY

8:00am - 8:00pm 4-5 Lap Swimming Lanes, 1-2 Water Walking/Open Lanes

BOBRY FAMILY POOL

MONDAY

7:30am - 8:00pm Open Swim

9:00am - 10:00am Power Oodles of Noodles Water Workout (Vanessa)

11:00am - 11:45am Lengthen Power Noodle Water Workout (Vanessa)

6:30pm - 7:30pm Aqua Zumba® (Steve)

TUESDAY

7:30am - 8:00pm Open Swim

8:45am - 9:30am HydroRider Basic (Christy)

11:00am - 11:45am Joints In Motion \$ (Christy)

4:00pm - 6:00pm Swim Lessons \$

WEDNESDAY

7:30am - 8:00pm Open Swim

8:45am - 9:45am Yoga Flow (Wendy)

11:00am - 11:45am Aquaerobics (Christy)

4:00pm - 6:00pm Swim Lessons \$

6:30pm - 7:30pm Aqua Zumba® (Steve)

THURSDAY

7:30am - 8:00pm Open Swim

4:00pm - 5:30pm Swim Lessons \$

FRIDAY

7:30am - 5:30pm Open Swim

11:00am - 11:45am Aquaerobics (Christy)

SATURDAY

8:00am - 8:00pm Open Swim

9:15am - 10:00am HydroRider Basic (Andrea)

SUNDAY

8:00am - 8:00pm Open Swim

10:00am - 1:00pm Swim Lessons \$

POOL CLASS DESCRIPTIONS: MAY 2019

4-5 LAP SWIMMING LANES, 1-2 WATER WALKING/OPEN LANES: During our normal hours, lifeguards have the authority to determine how many lap swimming and water walking lanes are available to use. This decision is based on total pool occupants and supervision zones of the lifeguard on duty

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 : 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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