

Max Adler

Lap Pool Schedule

March - April, 2017

View our schedule online at jccrochester.org

Contact Robert West, 461-2000, ext. 289



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Laps & Water Walking 5 - 10am	Laps & Water Walking 5 - 6:30am	Laps & Water Walking 5 - 9:25am	Laps & Water Walking 5 - 6:30am	Laps & Water Walking 5 - 9am			
	Half Laps Half JCC Masters Team Rob \$ 6:30 - 7:45am		Half Laps Half JCC Masters Team Rob \$ 6:30 - 7:45am				
	Laps & Water Walking 7:45 - 8:55am		Laps & Water Walking 7:45 - 9am		Laps & Water Walking 8 - 10:25am	Laps & Water Walking 8 - 10am	
	Hydro Tone Jodi 9 - 10am	Power Aqua Jodi 9 - 10am	Hydro Fit Jodi 9 - 10am	Open Swim 10am - 12pm			Swim Lessons 10am - 12pm
Open Swim 10 - 11:55am	Open Swim 10 - 11:45am	SUP Yoga Liza \$ 9:30am - 10:30am	Open Swim 10am - 12pm		Open Swim 10 - 11:55am	SUP Yoga Liza \$ 10:30 - 11:30am	
SUP HIIT Jodi \$ 12 - 1pm	Laps & Water Walking 12 - 3pm	SUP HIIT Jodi \$ 12 - 1pm Mission Fit Possible	Laps & Water Walking 12 - 3pm	SUP HIIT Jodi \$ 12 - 1pm	Laps & Water Walking 12 - 2pm	Laps & Water Walking 12 - 1pm	
Laps & Water Walking 1pm - 2pm		Laps & Water Walking 1 - 3pm		Laps & Water Walking 12 - 3pm			
Open Swim 2 - 5pm	Open Swim 3 - 4pm	Open Swim 3 - 4pm	Open Swim 3 - 4pm	Open Swim 3 - 5:30pm	Open Swim 2 - 5pm	Open Swim 1 - 2:30pm	Swim Lessons 1 - 2:30pm
	Open Swim 4 - 5:30pm	Swim Lessons \$ 4 - 5:30pm	Open Swim 4 - 5:30pm		JCC Jaws & Swim Lessons \$ 4 - 5:30pm		
Laps & Water Walking 5 - 6:30pm	Laps & Water Walking 5:35 - 7:45pm	Laps & Water Walking 5:35 - 6:25pm	Laps & Water Walking 5:35 - 7:45pm		Laps & Water Walking 5 - 6:30pm	Laps & Water Walking 5 - 6:30pm	
Zumba@ H2O Steve 6:30 - 7:30pm		Zumba@ H2O Steve 6:30 - 7:30pm					
Open Swim 7:35 - 9:30pm		Open Swim 7:45 - 9:30pm					Open Swim 7:35 - 9:30pm

Pool Class Descriptions

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Laps and water walking- 5 lanes for laps, 1 lane water walking (no free swim)

Open (Max Adler Lap Pool) - 4 lap lanes, 2 open swim lanes

Open (Bobry Family Pool) - Pool fully open

Closed- entire pool closed

Day Classes - During day classes in the Lap pool lanes will be made available when numbers allow

Evening Classes - lap lane(s) when possible, class in all open lanes

Swim lessons - may utilize lap lanes during this time. One or two lap lanes may be available when possible

Master Swim Team - 3 lanes used for team, 2 for regular members

Red Cross Swimming

Sundays: 10am - 12pm

Tuesdays: 4 - 5:30pm

Wednesdays: 4 - 5:30pm

Thursdays: 4 - 5:30pm

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.

1. All rules and requests made by the lifeguards on duty must be followed; they have complete and final authority.
2. During lap swim times the lifeguard may ask you to move to another lane in the interest of everyone's safety and enjoyment.
3. During lap swim times, select the proper lane to swim in according to your average speed. If in doubt, ask the lifeguard for assistance.
4. No standing or loitering is allowed at either end of the pool in lap lanes (except for brief resting 1-2 minutes).
5. Elementary Backstroke and Butterfly are not permitted when sharing a lane with another swimmer.
6. Water Jogging is allowed in the water-walking lane only.
7. Lap swimmers and water-walkers should move in circles when there are two or more members in that lane.

Rules for Hydro-Rider Aqua Spin Bikes

1. You must take an orientation class
2. You may only use the bikes during open swim times
3. You must ask the guard for permission before putting a bike in the water
4. You must wear water shoes
5. You must remove the bike from the pool after use

Please Note:

* If it is your first time attending an aqua spin class, please arrive 10 minutes early to receive additional instruction in setting up your bike.

Water Exercise Class Descriptions

Aqua Care: A full hour of non-stop aerobics set to music, with emphasis on endurance and strength training.

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.

Zumba® H2O: Latin dance beats follows exercisers into the pool in this unique blend of water aerobics and dance.

Hydro Tone: Spend an hour in the deep water with water aerobics, low impact on joints but a high impact on your cardiovascular system. You may wear a floatation belt for additional support. Lap lanes available if numbers allow.

Intro to Hydroider: This complete training involves alternating high energy cardio phase with intervals of activity using bikes in the water. Must wear aqua shoes to participate. Class is limited to 15 spin bikes.

Power Aqua: Focusing on muscle strengthening through the use of equipment and body weight exercises. Lap lanes available if numbers allow.

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.

Hydro Fit: An excellent aerobic, strength and strength training program. High intensity and low impact; the instructor chooses class format and equipment. Lap lanes available if numbers allow.

The following classes are an additional fee and you must register to attend, marked on schedule with \$.

Advanced Hydroider: Hop on for an intense total body workout. This complete training involves alternating high energy cardio phase with intervals of activity using equipment for resistance. This is a superior total body workout. Must wear aqua shoes to participate. Class is limited to those that have paid for the class and a total 15 spin bikes.

SUP Yoga: Yoga on a Stand Up Paddleboard, this class will challenge your balance and push your yoga abilities to the next level. Ideal for all levels, and any ability. 1 lane for laps and 1 for water walking still available.

SUP HIIT: Take working out to a whole new level. Squats and crunches will never feel the same again. Working out on the water will be your new favorite routine. 1 lane for laps and 1 for water walking still available.

Joints in Motion: A gentle movement class that is designed for those with Arthritis pain and mobility issues. Taught by a certified instructor.

The Aquatics Dept. reserves the right to cancel any class with a consistent attendance of fewer than 10 participants.

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.

- At any point during Open Swim Birthday parties may be using two lanes
- 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.

Please understand that more than one activity may be going on, and only one area of the pool may be available for your use.

Bobry

Family Pool Schedule

March - April, 2017

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Open Swim 5 - 9am	Open Swim 5 - 8:45am	Open Swim 5 - 9am	Open Swim 5 - 8:45am	Open Swim 5 - 11am			Open Swim 8 - 9am		
	Intro to Hydorrider Christy 8:45 - 9:45am		Intro to Hydorrider Christy 8:45 - 9:45				Hydorrider Ursula \$ 9 - 10am Mission Fit Possible		
Aqua Care Vanessa 9 - 10am	Open Swim 9:45- 11am	Yoga Flow Wendy 9 - 10am	Open Swim 9:45am - 4pm		Aquaerobics Jodi 11 - 11:45am	Possible Birthday Parties 10am - 8pm	Open Swim 10am - 8pm	Open Swim 10am - 12pm	Swim Lessons \$ 10am - 12pm
Open Swim 10 - 11am		Open Swim 10 - 11am							
Aquaerobics Vanessa 11 - 11:45am	Joints in Motion Jodi \$ 11 - 11:45am	Aquaerobics Christy 11 - 11:45am		Open Swim 11:45am - 4pm	Open Swim 11:45am - 5:30pm			Open Swim 12 - 8pm	
Open Swim 11:45am - 9:30pm	Swim Lessons \$ 4 - 5:30pm	Swim Lessons \$ 4 - 5:30pm							Swim Lessons \$ 4 - 5:30pm
	Open Swim 5:30 - 9:30pm	Open Swim 5:30 - 9:30pm	Intro to Hydorrider Christy 5:45 - 6:45pm			Open Swim 6:45 - 9:30pm			

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