

## Pool Activities

- **ADULT LANE SWIM** - Please follow the Lane Swim Etiquette as listed. Lap swimmers must be 12 years of age or older.
- **REC SWIM** - Open for all ages. Children in the water are to be accompanied by an adult or guardian over the age of 16. Children 12 and under must pass a Deep End Test in order to swim in the deep end.  
Deep End Test - One length of the pool with a recognizable stroke and one minute of treading water. Please see the lifeguard on duty to complete the test.
- **SWIM LESSONS** - Open for all ages. Check with the Aquatics Office for schedules and information. Please be advised that private lessons may run throughout the day during other scheduled pool activities.
- **SWIM FIT** - For those who want to incorporate swimming into their exercise routine, participants must be able to comfortably swim front crawl, back crawl, and breaststroke as well as 400 yards (16 lengths of our pool) continuously.
- **MASTERS SWIM** - For advanced swimmers looking for a challenge, Masters Swim offers a great workout and training that can help participants achieve their goals. Paid, drop-in workout.
- **AQUAFIT**: A variety of water fitness classes. Aquafit participants must collect a wristband from the Fitness Desk in order to join the class.  
Aquafit is a great alternative to weight bearing exercise. This full body workout is for all fitness levels.  
Advanced Aquafit takes your aqua training to another level. This class will increase your endurance, improve aerobic fitness and increase strength. A great way to cross train!  
ROM (Range of Motion) Aquafit is a great class for participants with conditions/ailments such as Arthritis, Osteoporosis, Fibromyalgia, etc. with zero impact on the joints in a safe, effective and enjoyable environment
- **FROM TUMMIES TO MUMMIES AQUAFIT** - Arranged through Tummies to Mummies: 416-924-6211 ext. 531 or tummiestomummies@mnjcc.org

## Lane Swim Etiquette

- Choose the appropriate lane for your pace: Fast, Medium, or Slow.
- When entering a lane, give swimmers the right of way and EVERY TIME inform other swimmers that you are entering
- Parallel swimming can be done UNTIL a third person enters the lane. Circle swimming will commence in a counter clock-wise direction when ALL SWIMMERS HAVE BEEN NOTIFIED AND ARE READY
- Allow faster swimmers to pass you once you have reached the end of the pool. Passing in the middle of the lane is also acceptable. IF YOU ARE CONSISTENTLY BEING PASSED, PLEASE MOVE TO A SLOWER LANE
- When pausing at the end of the pool, move to the corner of the lane in order to allow other swimmers to continue swimming laps
- Walking, aqua-jogging and stationary exercises can ONLY be done in the Slow or Rec Swim lane. These activities CANNOT be accommodated during Lap Swim Only times
- Lifeguards have the RESPONSIBILITY and AUTHORITY to ask you to move to a specific lane. You MUST listen to their directions, regardless of the situation. Any comments or concerns can be brought to the Aquatics Manager AFTER THE FACT (aquatics@mnjcc.org)
- The lanes can be crowded at times. Please bring your patience along with your goggles. HAVE A GREAT SWIM!

## Schedule Changes

Please note that there will be a different pool schedule on July 1 - 3 and August 5 - 7

\*Camp Swim will run on July 4 and 6. One lap lane will be available.

\*\*Swim Lessons 1:30 - 3:30 pm July 10 - 14, July 24 - 28 and August 14 - 18 (one lap lane available)

# July 2017 Pool Schedule

Effective:  
June 24, 2017 to  
July 31, 2017



## Contact Us:

416-924-6211  
Fitness Desk x 500  
Aquatics Office x 530

aquatics@mnjcc.org  
www.mnjcc.org/aquatics

Miles Nadal **JCC** fitness  
Member Agency

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday																					
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3																			
5:30																All shaded areas represent available lanes for adult lap swim									5:30															
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8:00																																								Aquafit 8:20 - 9:15
8:30	8:30																																							
9:00	Swim Lessons/Rec Swim 9:00 - 11:00			ROM Aquafit 9:00-9:55			Swim Lessons 9:00-10:00			ROM Aquafit 9:00-9:55			Rec Swim 9:00-10:00																		All shaded areas represent available lanes for adult lap swim									9:00
9:30																																								9:30
10:00	Aquafit 11:00-11:55			Tummies to Mummies Aquafit 10:30-11:30			Camp Swim 10:00 - 11:00			Swim Lessons/Rec Swim 10:00 - 12:30			Camp Swim 10:00-11:00			Aquafit 11:00-11:55			Swim Lessons in 2 lanes 9:30-12:30			All shaded areas represent available lanes for adult lap swim																		10:00
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11:00	Advanced Aquafit 12:30-1:25			Swim Lessons 11:30-12:30			Aquafit 11:00-11:55			Advanced Aquafit 12:30-1:25			Rec Swim 12:00-1:00			Aquafit 12:30 - 1:25			Swim Lessons in 2 lanes 9:30 - 4:00												All shaded areas represent available lanes for adult lap swim									11:00
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5:00	Rec Swim 4:00 - 6:30			Rec Swim 4:00 - 6:30			Rec Swim 4:00 - 6:30			Rec Swim 4:00 - 6:30			Rec Swim 4:00 - 6:30			Rec Swim 4:00 - 6:30			Rec Swim 4:00 - 6:30			All shaded areas represent available lanes for adult lap swim												5:00						
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7:00	Master Aquafit Lesson 8:00 - 9:00			Tummies to Mummies Aquafit 7:00-8:00			Swim Fit 7:15 - 8:00			Tummies to Mummies Aquafit 7:00-8:00			Masters Swim 7:00 - 8:30			Masters Swim 7:00 - 8:30			Masters Swim 7:00 - 8:30			Masters Swim 7:00 - 8:30			All shaded areas represent available lanes for adult lap swim															7:00
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