

## 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.
- **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. Please note that Aquafit participants must have a wristband in order to join the class. This can be acquired at the fitness desk prior to the class.  
Aquafit is ideal if you are looking for an alternative to weight bearing exercise. A great total body workout for all ages and all fitness levels in the pool.  
Aquafit (advanced) 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 Aquafit emphasizes range of motion exercises. This 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 (FTTM) AQUAFIT** - Arranged through Tummies to Mummies: 416-924-6211 ext. 567

## 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 Notes

- Lap Swim will be reduced to one lane from 4:00 pm to 6:30 pm for our Happy Birthday to the pool Splash Party on the following days: Sep 8 and 9
- Lap Swim will be reduced to one lane from 2:00 - 3:00 pm on Oct 6 for School's Out Swim
- Lap Swim will be reduced to two lanes on the following days from 1:45-3:15 pm due to Paul Penna Swim: Sep 25, 26 and 28
- †Preschool Swim will begin on Sep 20
- The pool will close at 4:00 pm on Sep 20 and 29
- The pool will be closed on Sep 21, 22 and 30
- There will be an alternate pool schedule Oct 7 - 9

# Pool Schedule

Effective:

September 5, 2017 - October 13, 2017



## Contact Us:

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

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

	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
6:00																						6:00
6:30																						6:30
7:00																						7:00
7:30																						7:30
8:00																						8:00
8:30																						8:30
9:00																						Swim Lessons/ Rec Swim 9:00-11:00
9:30	FTTM Aquafit 10:30-11:30			Swim Lessons/ Rec Swim 11:00-11:55			FTTM Aquafit 10:00-11:00		Aquafit 11:00-11:55		Swim Lessons in 1 lane 9:30-12:30			9:30								
10:00	Aquafit 11:00-11:55			Swim Lessons/ Rec Swim 11:30-12:30			Advanced Aquafit 12:30-1:25			Swim Lessons/ Rec Swim 10:00-12:30				Swim Lessons in 2 lanes 9:30-3:30			10:00					
10:30													10:30									
11:00	Advanced Aquafit 12:00-12:55			MNjcc Preschool Swim† 1:00-2:00			Advanced Aquafit 12:30-1:25			Rec Swim** 1:30-3:30			Aquafit 12:30-1:25			11:00						
11:30																11:30						
12:00	***			***			***			***			Swim Lessons in 2 lanes 1:30-4:00			12:00						
12:30																12:30						
1:00	Swim Lessons/ Rec Swim in 2 lanes 3:30-6:00			Swim Lessons/ Rec Swim in 2 lanes 3:30-6:00			Swim Lessons/ Rec Swim in 2 lanes 3:30-6:00			Swim Lessons/ Rec Swim in 2 lanes 3:30-6:00			Swim Lessons in 2 lanes 1:30-4:00			1:00						
1:30																1:30						
2:00	in 1 lane 6:00-7:00			in 1 lane 6:00-7:00			in 1 lane 6:00-7:00			in 1 lane 6:00-7:00			Rec Swim* 4:00-6:30			2:00						
2:30																2:30						
3:00	Lap Swim Only			Lap Swim Only			Lap Swim Only			Lap Swim Only			in 1 lane 3:30-4:00			3:00						
3:30																3:30						
4:00	Lap Swim Only			Lap Swim Only			Lap Swim Only			Lap Swim Only			Rec Swim* 4:00-6:30			4:00						
4:30																4:30						
5:00	in 1 lane 6:00-7:00			in 1 lane 6:00-7:00			in 1 lane 6:00-7:00			in 1 lane 6:00-7:00			Rec Swim* 4:00-6:30			5:00						
5:30																5:30						
6:00	FTTM Aquafit 7:00-8:00			Swim Fit 7:15-8:00			FTTM Aquafit 7:00-8:00			Swim Fit 7:15-8:00			Masters Swim 6:30 - 8:00			6:00						
6:30																6:30						
7:00	Lap Swim Only			Lap Swim Only			Lap Swim Only			Lap Swim Only			Masters Swim 6:30 - 8:00			7:00						
7:30																7:30						
8:00	Masters Swim 8:00-9:30			Lap Swim Only			Masters Swim 8:00-9:30			Masters Swim 8:00-9:30			Masters Swim 6:30 - 8:00			8:00						
8:30																8:30						
9:00	Masters Swim 8:00-9:30			Lap Swim Only			Masters Swim 8:00-9:30			Masters Swim 8:00-9:30			Masters Swim 6:30 - 8:00			9:00						
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