

Swim Descriptions

- Adult Lane Swim (lightly shaded areas)

Consists of 3 lanes: Fast, Medium and Slow. Please choose the appropriate lane for your speed. Please follow the Lane Etiquette Rules as listed. Lap swimmers must be 12 years of age or older.

- Rec Swim

Open for all ages. An adult or guardian over the age of 16 must accompany children in the water at all times, regardless of passing the Deep End Test. Children 12 and under must pass a Deep End Test to swim in the deep end. The Deep End Test is 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.

- Aquafit

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.

- Masters Swim

For advanced swimmers looking for a challenge, Masters Swim offers a great workout and training that can help participants achieve their goals.

Pool Rules

- Every swimmer must shower thoroughly with soap and warm water prior to entering the pool.
- Outdoor footwear may not be worn on the pool deck.
 - Food is not permitted on deck. Glass is not permitted anywhere in the pool area. No exceptions.
- Proper bathing attire must be worn in the pool.
- Please refer to the MNJCC Member Handbook for a full list of pool rules.

Lane Swimming Etiquette

- Choose the appropriate lane for your pace: Fast, Medium & Slow Lane.
 - When entering a lane, give swimmers the right of way and notify them 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. If you are constantly being passed, move to a slower lane.
- When pausing at the end of the pool, move across 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 Leisure lane.
- Lifeguards have the responsibility and authority to ask you to move to a specific lane.

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