

## 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** - Designed for intermediate swimmers looking to incorporate swimming into their regular exercise routine, participants will be introduced to the language of competitive swimming, the basics of set building, and equipment use. Paid, drop-in workout.
- **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
- **PRENATAL AQUAFIT and AQUA BABIES** - Arranged through Prenatal and Baby Wellness: 416-924-6211 ext. 531

## 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 for School's Out from 2:00 - 3:00 pm Jan 19 and Feb 16
- Our monthly Splash Parties from 4:00 pm to 5:00 pm are Jan 13 & 14, Feb 3 & 4, and Mar 3 & 4
- Lap Swim will be reduced to two lanes from 1:45-3:15 pm due to Paul Penna Swim on Jan 22, 23, and 25
- Lap swim will be reduce to one lane from 8:00 pm to 9:00 pm on Feb 1 for Everyday Friends
- There will be an alternate pool schedule Feb 17 - 19

# Winter Pool Schedule

Effective:  
January 6 - March 5, 2018



## Contact Us:

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

[aquatics@mnjcc.org](mailto:aquatics@mnjcc.org)

[www.mnjcc.org/aquatics](http://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			ROM AquaFit 9:00-9:55			Swim Lessons/ Rec Swim 9:00-11:00			ROM AquaFit 9:00-9:55			Mnjcc Preschool Swim 9:00-10:00			Lap Swim Only			AquaFit 8:20-9:15			Lap Swim Only			9:00									
9:30	9:30																																																																		
10:00	10:00																																																																		
10:30	10:30																																																																		
11:00	AquaFit 11:00-11:55			Aqua Babies† 10:30-11:30			AquaFit 11:00-11:55			Swim Lessons/ Rec Swim 10:00-12:30			AquaFit 11:00-11:55			Swim Lessons in 2 lanes 10:00-12:30			Lap Swim Only			11:00																																													
11:30																						11:30																																													
12:00																						Advanced AquaFit 12:05-1:00			Swim Lessons/ Rec Swim 11:30-12:30						Advanced AquaFit 12:00-1:00																											Aqua Babies† 12:00-1:00			Lap Swim			Swim Lessons in 2 lanes 10:00-12:00			12:00
12:30																																																																			12:30
1:00																																		1:00																																	
1:30																																		1:30																																	
2:00																																					Advanced AquaFit 12:30-1:25			MNjcc Preschool Swim 1:00-2:00			Advanced AquaFit 12:30-1:25			Lap Swim			AquaFit 12:30-1:25			Lap Swim Only			12:30												
2:30																																																							2:30												
3:00	3:00																																																																		
3:30	Swim Lessons in 2 lanes 3:30-6:00			Lap Swim Only			Swim Lessons in 2 lanes 3:30-6:00			Lap Swim Only			Swim Lessons in 2 lanes 3:30-6:00			Lap Swim Only			3:30																																																
4:00																			4:00																																																
4:30																			4:30																																																
5:00																			5:00																																																
5:30																			5:30																																																
6:00																			Youth Swim Team 6:00-7:00			Adult Swim Lessons 6:00-7:00			Adult Swim Lessons 6:00-7:00			Youth Swim Team 6:00-7:00			in 1 lane 6:00-7:00			Lap Swim			Rec Swim 4:00-5:00			Rec Swim 4:00-5:00			6:00																								
6:30																																											6:30																								
7:00																																											Bronze Leadership 7:00-8:30			Prenatal AquaFit† 7:00-8:00			Lap Swim			Prenatal AquaFit† 7:00-8:00			Lap Swim			Lap Swim will be reduced to one lane for School's Out from 2:00 - 3:00 pm Jan 19 and Feb 16 • Our monthly Splash Parties from 4:00 pm to 5:00 pm are Jan 13 & 14, Feb 3 & 4, and Mar 3 & 4			Lifeguarding Course 6:30 - 9:00			Swim Fit§ & Masters Swim§ 6:30-8:00			7:00
7:30	7:30																																																																		
8:00	8:00																																																																		
8:30	8:30																																																																		
9:00	9:00																																																																		
																Lap Swim will be reduced to two lanes from 1:45-3:15 pm due to Paul Penna Swim on Jan 22, 23, and 25 •Lap swim will be reduce to one lane from 8:00 pm to 9:00 pm on Feb 1 for Everyday Friends †Prenatal AquaFit and Aqua Babies classes are a paid program §Swim Fit and Masters Swim are paid drop-in programs																																																			
																			8:30																																																
																			9:00																																																