

## 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

- The pool will be open 9:00 am - 12:00 pm on Mar 30, closed on Mar 31 & open on Apr 1 7:00 am - 6:30 pm
- \*No rec swim on Mar 7, 10, 12, 24 (1:30 pm - 4:00 pm)
  - \*\*Camp Swim on Mar 12 - 16 & 29 and Apr 2 - 6
  - \*\*\*There will be one lap lane available on Mar 19 (6:00 - 9:00 pm). There will be no lap lanes available on Mar 24 (1:30 - 4:00 pm) and the deep end will be closed for Rec Swim from 4:00 - 5:00 pm
- ¥Lap Swim will be reduced to two lanes from 1:45-3:15 pm due to Paul Penna Swim on Mar 19, 20, 22 and Apr 23, 24, and 26
- Our April Splash Party from 4:00 pm to 5:00 pm is Apr 21 and 22

# Pool Schedule

Effective:  
March 6 - April 20, 2018



## 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          |       |      |      |      |                   |               |       |  |      |
| 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                       |               |   | LCCC Swim 9:00 - 9:30                        |                         |               | 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  |                                                                                                                                                                                     |               |     |                                             |               |   | Swim Lessons/ Rec Swim 9:30 - 11:00          |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               |       |      |      | 9:30 |                   |               |       |  |      |
| 10:00 |                                                                                                                                                                                     |               |     |                                             |               |   |                                              |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               |       |      |      |      |                   |               | 10:00 |  |      |
| 10:30 |                                                                                                                                                                                     |               |     | Aqua Babies† 10:30-11:30                    |               |   |                                              |                         |               | Swim Lessons/ Rec Swim 10:00-12:30          |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               | 10:30 |      |      |      |                   |               |       |  |      |
| 11:00 | Aquafit 11:00-11:55                                                                                                                                                                 |               |     |                                             |               |   | Aquafit 11:00-11:55                          |                         |               |                                             |               |   | Aquafit 11:00-11:55                         |               |                         |                                                               |   |   |        |   |   |               | 11:00 |      |      |      |                   |               |       |  |      |
| 11:30 |                                                                                                                                                                                     |               |     | Swim Lessons/ Rec Swim 11:30-12:30          |               |   |                                              |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               | 11:30 |      |      |      |                   |               |       |  |      |
| 12:00 | Advanced Aquafit 12:05-1:00                                                                                                                                                         |               |     |                                             |               |   |                                              |                         |               |                                             |               |   | Aqua Babies† 12:00-1:00                     |               |                         |                                                               |   |   |        |   |   |               | 12:00 |      |      |      |                   |               |       |  |      |
| 12:30 |                                                                                                                                                                                     |               |     | Advanced Aquafit 12:30-1:25                 |               |   |                                              |                         |               | Advanced Aquafit 12:30-1:25                 |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               | 12:30 |      |      |      |                   |               |       |  |      |
| 1:00  |                                                                                                                                                                                     |               |     |                                             |               |   | MNJcc Preschool Swim 1:00-2:00               |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               | 1:00  |      |      |      |                   |               |       |  |      |
| 1:30  | ¥                                                                                                                                                                                   |               |     | ¥                                           |               |   |                                              |                         |               |                                             |               |   | Rec Swim 1:30-2:00                          |               |                         |                                                               |   |   |        |   |   |               | 1:30  |      |      |      |                   |               |       |  |      |
| 2:00  | Camp Swim** 2:00 - 3:00                                                                                                                                                             |               |     |                                             |               |   | Camp Swim** 2:00 - 3:00                      |                         |               | Camp Swim** 2:00 - 3:00                     |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               | 2:00  |      |      |      |                   |               |       |  |      |
| 2:30  |                                                                                                                                                                                     |               |     |                                             |               |   |                                              |                         |               |                                             |               |   | Rec Swim/ Camp Swim**                       |               |                         |                                                               |   |   |        |   |   |               | 2:30  |      |      |      |                   |               |       |  |      |
| 3:00  |                                                                                                                                                                                     |               |     |                                             |               |   |                                              |                         |               |                                             |               |   | 3:00 - 3:30                                 |               |                         |                                                               |   |   |        |   |   |               | 3:00  |      |      |      |                   |               |       |  |      |
| 3:30  |                                                                                                                                                                                     |               |     |                                             |               |   |                                              |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               | 3:30  |      |      |      |                   |               |       |  |      |
| 4:00  | Swim Lessons/ Rec Swim* in 2 lanes 3:30-6:00                                                                                                                                        | Lap Swim Only |     | Swim Lessons/ Rec Swim in 2 lanes 3:30-6:00 | Lap Swim Only |   | Swim Lessons/ Rec Swim* in 2 lanes 3:30-6:00 | Lap Swim Only           |               | Swim Lessons/ Rec Swim in 2 lanes 3:30-6:00 | Lap Swim Only |   | Swim Lessons/ Rec Swim in 2 lanes 3:30-6:00 | Lap Swim Only |                         |                                                               |   |   |        |   |   |               | 3:30  |      |      |      |                   |               |       |  |      |
| 4:30  |                                                                                                                                                                                     |               |     |                                             |               |   |                                              |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               |       |      |      |      |                   |               |       |  | 4:30 |
| 5:00  |                                                                                                                                                                                     |               |     |                                             |               |   |                                              |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               |       |      |      |      |                   |               |       |  |      |
| 5:30  |                                                                                                                                                                                     |               |     |                                             |               |   |                                              |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               | 5:30  |      |      |      |                   |               |       |  |      |
| 6:00  | 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                       |               |   | in 1 lane 6:00-7:00                         |               |                         |                                                               |   |   |        |   |   |               | 6:00  |      |      |      |                   |               |       |  |      |
| 6:30  |                                                                                                                                                                                     |               |     |                                             |               |   |                                              |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               |       |      |      |      |                   |               |       |  | 6:30 |
| 7:00  |                                                                                                                                                                                     |               | *** |                                             |               |   |                                              |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               |       |      |      |      |                   |               |       |  |      |
| 7:30  |                                                                                                                                                                                     |               |     | Prenatal Aquafit† 7:00-8:00                 | Lap Swim      |   | Swim Fit§ 7:15-8:00                          |                         |               | Prenatal Aquafit† 7:00-8:00                 | Lap Swim      |   | Swim Fit§ 7:15-8:00                         |               |                         |                                                               |   |   |        |   |   |               | 7:30  |      |      |      |                   |               |       |  |      |
| 8:00  |                                                                                                                                                                                     |               |     |                                             |               |   |                                              |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               |       | 8:00 |      |      |                   |               |       |  |      |
| 8:30  |                                                                                                                                                                                     |               |     |                                             |               |   |                                              | Masters Swim§ 8:00-9:30 | Lap Swim Only |                                             |               |   |                                             |               | Masters Swim§ 8:00-9:30 | Lap Swim Only                                                 |   |   |        |   |   |               |       |      | 8:30 |      |                   |               |       |  |      |
| 9:00  |                                                                                                                                                                                     |               |     |                                             |               |   |                                              |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               |       |      | 9:00 |      |                   |               |       |  |      |
|       | †Prenatal Aquafit and Aqua Babies classes are a paid program<br>§Swim Fit and Masters Swim are paid drop-in programs. Please that there is no Swim Fit or Masters on Mar 23 and 25. |               |     |                                             |               |   |                                              |                         |               |                                             |               |   |                                             |               |                         |                                                               |   |   |        |   |   |               |       |      |      |      |                   |               |       |  |      |