

	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 AM																All grey shaded areas represent available lanes for adult lane swim						5:30 AM
6:00 AM																						6:00 AM
6:30 AM																						6:30 AM
7:00 AM																						7:00 AM
7:30 AM																						7:30 AM
8:00 AM																						8:00 AM
8:30 AM																						8:30 AM
9:00 AM	Swim Lessons/ Rec Swim 9:00-11:00			ROM Aquafit 9:00-9:55			LCCC Swim/ Swim Lessons 9:00-11:00			ROM Aquafit 9:00-9:55			MNjcc Preschool Swim 9:00-10:00						Aquafit in two lanes 8:20-9:15			9:00 AM
9:30 AM																						9:30 AM
10:00 AM																						10:00 AM
10:30 AM				* Aqua Babies 10:30-11:30						Swim Lessons/ Rec Swim 10:00-12:30												10:30 AM
11:00 AM	Aquafit 11:00-11:55						Aquafit 11:00-11:55						Aquafit 11:00-11:55						Swim Lessons in two lanes 9:30-12:30			11:00 AM
11:30 AM																						11:30 AM
12:00 PM	Advanced Aquafit 12:15-1:00			Swim Lessons/ Rec Swim 11:30-1:30									* Aqua Babies 12:05-1:00									12:00 PM
12:30 PM										Advanced Aquafit 12:30-1:25						Aquafit 12:30-1:25					12:30 PM	
1:00 PM							MNjcc Preschool Swim 1:00-2:00															1:00 PM
1:30 PM				Advanced Aquafit 1:30-2:25																		1:30 PM
2:00 PM													Rec Swim 1:30-3:30									2:00 PM
2:30 PM																						2:30 PM
3:00 PM																						3:00 PM
3:30 PM																						3:30 PM
4:00 PM	Swim Lessons in two lanes 3:30-6:00			Swim Lessons in two lanes 3:30-6:00			Swim Lessons in two lanes 3:30-6:00			Swim Lessons in two lanes 3:30-6:00			Swim Lessons in two lanes 3:30-7:00						Rec Swim 4:00-5:00			4:00 PM
4:30 PM																						4:30 PM
5:00 PM																			Rec Swim in one lane 5:00-6:30			5:00 PM
5:30 PM																						5:30 PM
6:00 PM				in one lane 6:00-7:00			in one lane 6:00-7:00			in one lane 6:00-7:00												6:00 PM
6:30 PM	in one lane 6:30-8:30																					6:30 PM
7:00 PM				* Prenatal Aquafit 7:00-8:00			❖ Swim Fit 7:00-8:00			* Prenatal Aquafit 7:00-8:00			❖ Swim Fit 7:00-8:00						❖ Swim Fit 6:30-7:30		❖ Masters Swim 6:30-8:00	7:00 PM
7:30 PM																						7:30 PM
8:00 PM																						8:00 PM
8:30 PM							❖ Masters Swim 8:00-9:30						❖ Masters Swim 8:00-9:30									8:30 PM
9:00 PM																						9:00 PM

Please see IMPORTANT NOTES on the reverse side for lane disruptions

* Prenatal Aquafit and Aqua Babies classes are paid programs

❖ Swim Fit and Masters Swim are paid programs

March 5 see notes

Jan18 Feb15 see notes

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 workout. See ♡ on schedule.
- **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
- **PRE/POSTNATAL AQUAFIT & AQUA BABIES** - Must be arranged via email: babywellness@mnjcc.org. See * on schedule.

**HAVE A
GREAT SWIM!**

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.

IMPORTANT NOTES

- **MARCH 5: LAP SWIM NOT AVAILABLE (4:30-5:30PM; ALLIANCE FRANCAISE).**
- **JAN 18 AND FEB 15: NO REC SWIM (2:00-3:00; CAMP SWIM)**

POOL SCHEDULE

**JANUARY 5 - MARCH 10
2019**



Contact Us:

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

aquatics@mnjcc.org