



## Pool Rules

### Attention All Members!

As our membership increases, more and more members are coming to enjoy our pools. To ensure everyone's safety and pleasure, we'd like to review the pool rules.

Members and their guests should read the pool rules and lane swim rules posted in the Aquatic Center area before entering the pool.

1. All persons shall shower before entering the water.
2. Any person showing evidence of skin disease, sore or inflamed eyes, cold, nasal or ear discharges or any communicable disease shall be refused admission.
3. Persons with excessive sunburn, open blisters, cuts or bandages shall be refused admission.
4. Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven days.

### To Comply With JCC MetroWest Health Standards

- Changing of a child of any age, including diaper changing on the pool deck is strictly prohibited. Please use the locker rooms provided for your safety and convenience.
- Food and beverages (except for water) are not allowed on the pool deck. Snack tables are available outside of the Aquatic Center for consumption of these items.
- Street shoes and strollers are not permitted on the pool deck. Please change to "deck shoes" before entering the Aquatic Center. Please leave all strollers directly outside the entrance in the Kids Care corridor.

**If everyone complies with these simple rules, our membership will continue to enjoy their aquatic time in a relaxed and friendly atmosphere.**

5. All children in diapers must wear plastic pants with snug fitting elastic waist and leg bands. Do not wash out soiled diapers in the bathing water. Regular disposable diapers are not allowed in the pool.
6. Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" you observe in the bathing waters to a lifeguard.
7. No animals, except for service animals shall be allowed in the swimming pool, wading pool, hot tub or spa area, dressing rooms, or other parts of the enclosure.
8. Glass containers shall be prohibited in food and drink areas. No food or drink permitted in the pool area. This includes gum chewing.
9. Conduct which endangers the safety and comfort of others shall be prohibited.
10. Outdoor bathing shall be prohibited during an electrical storm.
11. Persons suspected of being under the influence of drugs or alcohol shall be prohibited from entering the water.
12. Smoking is not permitted.
13. Swimmers must obey the lifeguards' instructions and rules.
14. Diving is permitted only in designated areas.
15. Adult must be in the water with non-swimmers within one arm's length.
16. Toys and floating devices permitted at the discretion of the Aquatic staff to ensure a safe environment.

# Aquatics Center Schedule

## Messing & Heyman Pools



## Aquatics Center Schedule

Schedule Effective: January 1 through March 4

### Special Winter Dates

Saturday, December 31 • JCC Closes at 6:00pm for New Year's Eve

Sunday, January 1 • JCC Closes at 6:00pm for New Year's Day

Monday, January 2 • JCC Reduced Hours 7:00am-6:00pm for New Year's Day Observed

Thursday, January 5 • Winter Registration Opens at 8:00am

## Aquatics Center Hours

Monday-Thursday ■ 5:30am-9:45pm

Friday ■ 5:30am-5:45pm

Saturday & Sunday ■ 7:00am-6:45pm

### Please Note:

The Aquatics Center closes 15 minutes prior to the building closing.

[www.jccmetrowest.org](http://www.jccmetrowest.org)

something for every body **we've got it!**

**MONDAY**

Messing Pool Deep Water Pool					Heyman Pool Shallow Water Pool				
4	3	2	1		5	4	3	2	1
CLOSED					5:30am	Lap Swim			
CLOSED					6:00am	Lap Swim			
CLOSED					6:30am	Lap Swim			
CLOSED					7:00am	Lap Swim			
CLOSED					7:30am	Lap Swim			
Aquatic Programs					8:00am	Lap Swim			
Aquatic Programs					8:30am	Lap Swim			
Aquatic Programs					9:00am	Lap Swim			
Aquatic Programs					9:30am	Lap Swim			
Aquatic Programs					10:00am	Lap Swim			
Aquatic Programs					10:30am	Lap Swim			
General Swim					11:00am	Lap Swim			
General Swim					11:30am	Lap Swim			
Aquatic Programs					12:00pm	Lap Swim			
Aquatic Programs					12:30pm	Lap Swim			
General Swim					1:00pm	Lap Swim			
General Swim					1:30pm	Lap Swim			
General Swim					2:00pm	Lap Swim			
General Swim					2:30pm	Lap Swim			
General Swim					3:00pm	Lap Swim			
Aquatic Programs					3:30pm	Lap Swim			
Aquatic Programs					4:00pm	Lap Swim			
Aquatic Programs					4:30pm	Lap Swim			
Special Programming January 2, 9 & 23 February 6 & 13					5:00pm	Lap Swim			
Water Exercise					5:30pm	Lap Swim			
Water Exercise					6:00pm	Lap Swim			
Water Exercise					6:30pm	Lap Swim			
Water Exercise					7:00pm	Lap Swim			
Water Exercise					7:30pm	Lap Swim			
General Swim					8:00pm	Lap Swim			
General Swim					8:30pm	Lap Swim			
General Swim					9:00pm	Lap Swim			
General Swim					9:30pm	Lap Swim			
Pool Closed Building Closed					9:45pm	Pool Closed Building Closed			
Pool Closed Building Closed					10:00pm	Pool Closed Building Closed			

**TUESDAY**

Messing Pool Deep Water Pool					Heyman Pool Shallow Water Pool				
4	3	2	1		5	4	3	2	1
CLOSED					5:30am	Lap Swim			
CLOSED					6:00am	Lap Swim			
CLOSED					6:30am	Lap Swim			
CLOSED					7:00am	Lap Swim			
CLOSED					7:30am	Lap Swim			
Aquatic Programs					8:00am	Lap Swim			
Aquatic Programs					8:30am	Lap Swim			
Aquatic Programs					9:00am	Lap Swim			
Aquatic Programs					9:30am	Lap Swim			
Aquatic Programs					10:00am	Lap Swim			
Aquatic Programs					10:30am	Lap Swim			
General Swim					11:00am	Lap Swim			
General Swim					11:30am	Lap Swim			
Aquatic Programs					12:00pm	Lap Swim			
Aquatic Programs					12:30pm	Lap Swim			
General Swim					1:00pm	Lap Swim			
General Swim					1:30pm	Lap Swim			
General Swim					2:00pm	Lap Swim			
General Swim					2:30pm	Lap Swim			
General Swim					3:00pm	Lap Swim			
General Swim					3:30pm	Lap Swim			
Aquatic Programs					4:00pm	Lap Swim			
Aquatic Programs					4:30pm	Lap Swim			
General Swim					5:00pm	Lap Swim			
General Swim					5:30pm	Lap Swim			
General Swim					6:00pm	Lap Swim			
General Swim					6:30pm	Lap Swim			
Water Exercise					7:00pm	Lap Swim			
Water Exercise					7:30pm	Lap Swim			
General Swim					8:00pm	Lap Swim			
General Swim					8:30pm	Lap Swim			
General Swim					9:00pm	Lap Swim			
General Swim					9:30pm	Lap Swim			
Pool Closed Building Closed					9:45pm	Pool Closed Building Closed			
Pool Closed Building Closed					10:00pm	Pool Closed Building Closed			

**WEDNESDAY**

Messing Pool Deep Water Pool					Heyman Pool Shallow Water Pool				
4	3	2	1		5	4	3	2	1
CLOSED					5:30am	Lap Swim			
CLOSED					6:00am	Lap Swim			
CLOSED					6:30am	Lap Swim			
CLOSED					7:00am	Lap Swim			
CLOSED					7:30am	Lap Swim			
Aquatic Programs					8:00am	Lap Swim			
Aquatic Programs					8:30am	Lap Swim			
Aquatic Programs					9:00am	Lap Swim			
Aquatic Programs					9:30am	Lap Swim			
General Swim					10:00am	Lap Swim			
General Swim					10:30am	Lap Swim			
General Swim					11:00am	Lap Swim			
General Swim					11:30am	Lap Swim			
Aquatic Programs					12:00pm	Lap Swim			
Aquatic Programs					12:30pm	Lap Swim			
General Swim					1:00pm	Lap Swim			
General Swim					1:30pm	Lap Swim			
General Swim					2:00pm	Lap Swim			
General Swim					2:30pm	Lap Swim			
General Swim					3:00pm	Lap Swim			
General Swim					3:30pm	Lap Swim			
Aquatic Programs					4:00pm	Lap Swim			
Aquatic Programs					4:30pm	Lap Swim			
Special Programming January 4, 11, 18, 25 February 1, 8 & 15					5:00pm	Lap Swim			
Water Exercise					5:30pm	Lap Swim			
Water Exercise					6:00pm	Lap Swim			
Water Exercise					6:30pm	Lap Swim			
Water Exercise					7:00pm	Lap Swim			
Water Exercise					7:30pm	Lap Swim			
General Swim					8:00pm	Lap Swim			
General Swim					8:30pm	Lap Swim			
General Swim					9:00pm	Lap Swim			
General Swim					9:30pm	Lap Swim			
Pool Closed Building Closed					9:45pm	Pool Closed Building Closed			
Pool Closed Building Closed					10:00pm	Pool Closed Building Closed			

**THURSDAY**

Messing Pool Deep Water Pool					Heyman Pool Shallow Water Pool				
4	3	2	1		5	4	3	2	1
CLOSED					5:30am	Lap Swim			
CLOSED					6:00am	Lap Swim			
CLOSED					6:30am	Lap Swim			
CLOSED					7:00am	Lap Swim			
CLOSED					7:30am	Lap Swim			
Aquatic Programs					8:00am	Lap Swim			
Aquatic Programs					8:30am	Lap Swim			
Aquatic Programs					9:00am	Lap Swim			
Aquatic Programs					9:30am	Lap Swim			
General Swim					10:00am	Lap Swim			
General Swim					10:30am	Lap Swim			
General Swim					11:00am	Lap Swim			
General Swim					11:30am	Lap Swim			
Aquatic Programs					12:00pm	Lap Swim			
Aquatic Programs					12:30pm	Lap Swim			
General Swim					1:00pm	Lap Swim			
General Swim					1:30pm	Lap Swim			
General Swim					2:00pm	Lap Swim			
General Swim					2:30pm	Lap Swim			
General Swim					3:00pm	Lap Swim			
General Swim					3:30pm	Lap Swim			
Aquatic Programs					4:00pm	Lap Swim			
Aquatic Programs					4:30pm	Lap Swim			
Special Programming January 5, 12, 19, 26 February 2 & 9					5:00pm	Lap Swim			
Water Exercise					5:30pm	Lap Swim			
Water Exercise					6:00pm	Lap Swim			
Water Exercise					6:30pm	Lap Swim			
Water Exercise					7:00pm	Lap Swim			
Water Exercise					7:30pm	Lap Swim			
General Swim					8:00pm	Lap Swim			
General Swim					8:30pm	Lap Swim			
General Swim					9:00pm	Lap Swim			
General Swim					9:30pm	Lap Swim			
Pool Closed Building Closed					9:45pm	Pool Closed Building Closed			
Pool Closed Building Closed					10:00pm	Pool Closed Building Closed			

**FRIDAY**

Messing Pool Deep Water Pool					Heyman Pool Shallow Water Pool				
4	3	2	1		5	4	3	2	1
Masters Swim Program					5:30am	Lap Swim			
Masters Swim Program					6:00am	Lap Swim			
Masters Swim Program					6:30am	Lap Swim			
General Swim					7:00am	Lap Swim			
General Swim					7:30am	Lap Swim			
Aquatic Programs					8:00am	Lap Swim			
Aquatic Programs					8:30am	Lap Swim			
Aquatic Programs					9:00am	Lap Swim			
Aquatic Programs					9:30am	Lap Swim			
Aquatic Programs					10:00am	Lap Swim			
Aquatic Programs					10:30am	Lap Swim			
General Swim					11:00am	Lap Swim			
General Swim					11:30am	Lap Swim			
Aquatic Programs					12:00pm	Lap Swim			
Aquatic Programs					12:30pm	Lap Swim			
General Swim					1:00pm	Lap Swim			
General Swim					1:30pm	Lap Swim			
General Swim					2:00pm	Lap Swim			
General Swim					2:30pm	Lap Swim			
General Swim					3:00pm	Lap Swim			
General Swim					3:30pm	Lap Swim			
Metro Express Swim Team					4:00pm	Lap Swim			
Metro Express Swim Team					4:30pm	Lap Swim			
Metro Express Swim Team					5:00pm	Lap Swim			
Metro Express Swim Team					5:30pm	Lap Swim			
Pool Closed Building Closed					5:45pm	Pool Closed Building Closed			
Pool Closed Building Closed					6:00pm	Pool Closed Building Closed			






**SATURDAY**

Messing Pool Deep Water Pool					Heyman Pool Shallow Water Pool				
4	3	2	1		5	4	3	2	1
General Swim					7:00am	Lap Swim			
General Swim					7:30am	Lap Swim			
General Swim					8:00am	Lap Swim			
General Swim					8:30am	Lap Swim			
General Swim					9:00am	Lap Swim			
Aquatic Programs					9:30am	Lap Swim			
Aquatic Programs					10:00am	Lap Swim			
Aquatic Programs					10:30am	Lap Swim			
Aquatic Programs					11:00am	Lap Swim			
Aquatic Programs					11:30am	Lap Swim			
Aquatic Programs					12:00pm	Lap Swim			
Aquatic Programs					12:30pm	Lap Swim			
General Swim					1:00pm	Lap Swim			
General Swim					1:30pm	Lap Swim			
General Swim					2:00pm	Lap Swim			
General Swim					2:30pm	Lap Swim			
General Swim					3:00pm	Lap Swim			
General Swim					3:30pm	Lap Swim			
General Swim					4:00pm	Lap Swim			
General Swim					4:30pm	Lap Swim			
General Swim					5:00pm	Lap Swim			
General Swim					5:30pm	Lap Swim			
General Swim					6:00pm	Lap Swim			
General Swim					6:30pm	Lap Swim			
Pool Closed Building Closed					6:45pm	Pool Closed Building Closed			
Pool Closed Building Closed					7:00pm	Pool Closed Building Closed			

**SUNDAY**

Messing Pool Deep Water Pool					Heyman Pool Shallow Water Pool				
4	3	2	1		5	4	3	2	1
General Swim					7:00am	Lap Swim			
General Swim					7:30am	Lap Swim			
General Swim					8:00am	Lap Swim			
General Swim					8:30am	Lap Swim			
General Swim					9:00am	Lap Swim			
Aquatic Programs					9:30am	Lap Swim			
Aquatic Programs					10:00am	Lap Swim			
Aquatic Programs					10:30am	Lap Swim			
Aquatic Programs					11:00am	Lap Swim			
Aquatic Programs					11:30am	Lap Swim			
Aquatic Programs					12:00pm	Lap Swim			
Aquatic Programs					12:30pm	Lap Swim			
General Swim					1:00pm	Lap Swim			
General Swim					1:30pm	Lap Swim			
General Swim					2:00pm	Lap Swim			
General Swim					2:30pm	Lap Swim			
General Swim					3:00pm	Lap Swim			
General Swim					3:30pm	Lap Swim			
General Swim					4:00pm	Lap Swim			
General Swim					4:30pm	Lap Swim			
General Swim					5:00pm	Lap Swim			
General Swim					5:30pm	Lap Swim			
General Swim					6:00pm	Lap Swim			
General Swim					6:30pm	Lap Swim			
Pool Closed Building Closed					6:45pm	Pool Closed Building Closed			
Pool Closed Building Closed					7:00pm	Pool Closed Building Closed			

**LEGEND**

-  **Lap Swim**  
Lanes reserved for Adult and Level 4 or above swimmers. Must be 15 years or older and be able to swim continuous lengths of the pool without stopping.
-  **General Swim**  
Space open to members for recreational bathing. Parents/guardians MUST be in the pool within arms length of children who are non-swimmers or under age 6.
-  **Special Program**  
Lanes reserved for special programs (i.e. Summer Camps or Rentals). There is no regular Adult Lap, Lap Swim or General Swim.
-  **Aquatic Program**  
Pool space is reserved for scheduled Aquatic Programs. There is no regular Adult Lap, Lap Swim or General Swim.
-  **CLOSED**  
Pool is unattended. Swimming is prohibited.

**SCHEDULE IS SUBJECT TO CHANGE**

**SCHEDULE EFFECTIVE: January 1 through March 4**

**Please Note:** Watch for postings regarding Birthday Parties, Lifeguarding Training, WSI, and Scuba Diving classes. Lane availability will be altered. Closings for Swim Meets will be posted.

For more information, please contact Kathy Torre at 973-530-3522 (k.torre@jccmetrowest.org).