

J Aquatic Center Rules

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

Effective 9/17/15 Swim caps are required to utilize the pools. Children under the age of 3 are exempt from this policy. Swim Caps are available for purchase.

Please read the pool and lane swim rules posted in the Aquatic Center area before entering the pool.

All persons shall shower before entering the water.

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.

Any person showing evidence of skin disease, or inflamed eyes, cold, nasal or ear discharges or any communicable disease shall be refused admission.

Persons with excessive sunburn, open blisters, cuts or bandages shall be refused admission.

Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs of symptoms of gastrointestinal (stomach) disease in the past seven days.

All children in diapers must wear plastic pants with snug fitting elastic waist and leg bands. Regular disposable diapers are not allowed in the pool.

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.

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.

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.

No glass containers, food or drink prohibited in pool area. This includes gum chewing.

Conduct which endangers the safety and comfort of others shall be prohibited.

Persons suspected of being under the influence of drugs or alcohol shall be prohibited from entering the water.

Smoking is not permitted.

Swimmers must obey the lifeguards' instruction and rules.

Diving is permitted only in designated areas.

An adult must be in the water and within one arm's length of ANY non-swimmer. A life jacket is not an appropriate substitute for an adult.

Toys and floating devices permitted at the discretion of the Aquatic staff to ensure a safe environment.



Messing & Heyman Pool Schedule

Schedule Effective: September 6, 2016 - June 5, 2017



JCC MetroWest
Aquatics

Aquatics Center Schedule

jccmetrowest.org/aquatics
760 Northfield Avenue
West Orange, NJ



	Pool Hours	Lap Swim*	Family/ Open Swim*	Aquatic Exercise	Swim Lessons Kid's Club Swim	Masters/ Swim Team
Sunday	7:00am-6:45pm		1:30pm - 6:45pm 1/2 Pool Shallow-Deep End	8:15am-9:00am Aqua Intensity	9:00am-1:30pm	7:10am-8:10am Masters Swim 3 Lanes
Monday	5:30am-9:45pm	5:30am - 8:30am 5:30pm - 7:45pm 1 Lane	7:30am - 8:30am 11:00am - 12:15pm 1:00pm - 3:30pm 7:30 pm - 9:45pm	8:30am-9:15am Aqua Cardio Blast 9:30am-10:20am Small Group PT 12:15pm-1:00pm Arthritis Water Class 6:30pm-7:15pm Aqua Cardio Blast	9:30am-11:00am 3:30pm-6:00pm	5:00pm-5:30pm Mini Marlins 2 Lanes
Tuesday	5:30am-9:45pm	5:30pm - 7:45pm 1 Lane	7:30am - 8:30am 1:00pm - 3:30pm 7:30pm - 9:45pm	6:30am - 7:15am Aqua Switch Up 8:30am-9:15am Aqua Cardio/Core 9:15am-10:00am Aqua Boot Camp 12:15pm-1:00pm Arthritis Water Class 6:30pm-7:15pm Aqua Zumba	9:30am-11:30am 3:30pm-6:00pm	
Wednesday	5:30am-9:45pm	5:30am - 8:30am 5:30pm - 7:45pm 1 Lane	7:30am - 8:30pm 1:30pm - 3:30pm 7:30 pm - 9:45pm	8:30am-9:15am Aqua Intensity 12:15pm-1:00pm Aqua Senior Strength	9:30am-11:30am 3:30pm-6:00pm	5:00pm-5:30pm Mini Marlins 2 Lanes
Thursday	5:30am-9:45pm	5:30am - 8:30am 5:30pm - 7:45pm 1 Lane	2:30pm - 3:30pm 8:00pm - 9:45pm	8:30am-9:15am Aqua Tabata 9:15am-10:00am Aqua Cardio Blast 11:45am-12:30pm Arthritis Water Class 6:30pm-7:15pm Cardio Pool Party	9:30am-11:30am 4:30pm-6:00pm	
Friday	5:30am-5:45pm		7:00am - 8:30am 2:15pm - 4:00pm	8:30am-9:15am Aqua Intensity 8:30am-9:20am Small Group PT 9:30am-10:15am Aqua Pilates 12:30pm-1:15pm Aqua Senior Strength	1:00pm-2:15pm	5:45am-6:45am Masters Swim All Lanes 4:00pm-5:45pm Swim Team All Lanes
Saturday	7:00am-6:45pm		7:00am - 8:00am 1:30pm - 6:45pm 1/2 Pool Shallow-Deep End	8:15am-9:00am Aqua Zumba	9:00am-1:30pm	



	Pool Hours	Lap Swim*	Family/ Open Swim*	Aquatic Exercise	Swim Lessons Kid's Club Swim	Masters/ Swim Team
Sunday	7:00am-6:45pm	7:00am-1:30pm 2 Lanes 4:30pm-6:45pm All Lanes		9:00am-9:45am Aqua Cycle 1 Lane 8:15am-1:30pm Water Walking - 1 Lane	9:15am-11:30am 1 Lane	7:10am-8:10am Masters Swim 3 Lanes 2:00pm-4:30pm Swim Team All Lanes*
Monday	5:30am-9:45pm	5:30am-11:30am 4 Lanes 11:30am-12:30pm 2 Lanes 12:30pm-5:00pm 4 Lanes 5:30pm-7:45pm 1 Lane 7:45pm-9:45pm 4 Lanes	5:30am-10:00am 1 Lane 12:30pm-3:30pm 1 Lane 7:45pm-9:45pm 1 Lane	10:00am-11:00am Water Walking - 1 Lane	4:30pm-5:00pm Kid's Club 1 Lane	11:30am-12:30pm Masters Swim 3 Lanes 5:30pm-7:45pm Swim Team 4 Lanes
Tuesday	5:30am-9:45pm	5:30am-4:30pm 4 Lanes 5:30pm-7:45pm 1 Lane 7:45pm-9:45pm 4 Lanes	5:30am-10:00am 1 Lane 11:00am-3:30pm 1 Lane 7:45pm-9:45pm 1 Lane	10:15am-11:00am Aqua Cycle 1 Lane	4:30pm-5:30pm Kid's Club 2 Lanes	5:30pm-7:45pm Swim Team 4 Lanes
Wednesday	5:30am-9:45pm	5:30am-5:00pm 4 Lanes 5:30pm-7:45pm 1 Lane 9:00pm-9:45pm 4 Lanes	5:30am-10:00am 1 Lane 11:00am-3:30pm 1 Lane 7:45pm-9:45pm 1 Lane	11:15am-12:00pm Aqua Cycle - Gentle Journey 10:00am-11:00am Water Walking - 1 Lane	4:00pm-5:00pm Kid's Club 1 Lane	5:30pm-7:45pm Swim Team 4 Lanes 8:00pm-9:00pm Masters Swim All Lanes
Thursday	5:30am-9:45pm	5:30am-5:00pm 4 Lanes 5:30pm-7:45pm 1 Lane 7:45pm-9:45pm 4 Lanes	5:30am-10:00am 1 Lane 11:00am-3:30pm 1 Lane 7:45pm-9:45pm 1 Lane	10:00am-10:45am Aqua Cycle 1 Lane		5:30pm-7:45pm Swim Team 4 Lanes
Friday	5:30am-5:45pm		5:30am-10:00am 1 Lane 11:00am-3:30pm 1 Lane	10:00am-11:00am Water Walking - 1 Lane		5:45am-6:45am Masters Swim 2 Lanes
Saturday	7:00am-6:45pm	7:00am-8:00am All Lanes 8:00am-6:45pm 3 Lanes		8:00am-6:45pm Water Walking - 1 Lane	9:00am-11:15am 1 Lane	

*Lap Swim and Family/Open Swim may be impacted by Special Events such as Home Swim Meets, Birthday Parties, Scuba Diving, Lifeguard Training and WSI classes. Please check monthly calendar below for these special events.



JCC MetroWest Aquatics



Aquatics Pool Hours

Monday-Thursday 5:30am - 9:45pm
 Friday 5:30am - 5:45pm
 Saturday/Sunday 7:00am - 6:45pm

Holiday Hours

Erev Rosh Hashanah - Oct. 2nd 7:00am - 3:00pm
 Rosh Hashanah - Oct. 3rd & 4th CLOSED
 Kol Nidre - Oct. 11th 5:30am - 3:00pm
 Yom Kippur - Oct. 12th CLOSED
 Thanksgiving Day - Nov. 24th 7:00am - 2:00pm
 Christmas Eve - Dec. 24th 7:00am - 4:00pm
 Christmas - Dec. 25th 7:00am - 4:00pm
 New Year's Eve - Dec. 31st 7:00am - 4:00pm
 New Year's Day - Jan. 1st 7:00am - 4:00pm



Questions About Aquatics?

Kathy Torre, Aquatics Director
 Lisa Kazman, Aquatics Program Director
 Kate Lee, Aquatics Administrator
 Jim Sheerin, Metro Marlins Head Coach

Aquatics Hotline:

973-530-3515
aquaticsinfo@jccmetrowest.org