



# POOL SCHEDULE

September 2023 through mid-June 2024

SUBSCRIBE  
to pool updates  
and breaking news,  
by emailing  
DavidJ@scclive.org

## MONDAYS & WEDNESDAYS

- 6:30 AM – 8:55 AM | Men's Adult Swim, ages 16+
- 9:00 AM – 12:50 PM | Women's Adult Swim, ages 16+
- 12:00 PM – 12:45 PM | Women's Adult Exercise Class
- 1:00 PM – 5:00 PM | Reserved for Instructional Swim, School Rentals
- 5:00 PM – 6:00 PM | Men's Adult Swim, ages 16+
- 6:00 PM – 8:00 PM | Men's Open Swim & Father/Child Co-ed Swim (girls must be 6 and under)
- 8:00 PM – 10:00 PM | Men's Adult Swim, ages 16+

## TUESDAYS & THURSDAYS

- 6:30 AM – 8:55 AM | Men's Adult Swim, ages 16+
- 9:00 AM – 12:50 PM (12:20 PM on Tuesdays) | Women's Adult Swim, ages 16+
- 1:00 PM – 5:00 PM | Reserved for Instructional Swim, School Rentals
- 5:00 PM – 6:00 PM | Women's Adult Swim, ages 16+
- 6:00 PM – 8:00 PM | Women's Open Swim & Mother/Child Co-ed Swim (boys must be 6 and under)
- 8:00 PM – 9:30 PM | Women's Adult Swim, ages 16+

## FRIDAYS

- 6:30 AM – 8:55 AM | Men's Adult Swim, ages 16+
- 9:00 AM – 12:50 PM | Women's Adult Swim, ages 16+
- 1:00 PM – Closing | Reserved Exclusively for Instructional Swim

## SATURDAY NIGHTS

November 11, 2023 through mid-March 2024. Full Saturday night schedule available at the front desk or online.

Men's Adult Swim | Pool opens ~50 minutes after Shabbat and until 10 PM. Building closes at 10:15 PM.

## SUNDAYS

- 8:00 AM – 12:55 PM | Men's Adult Swim, ages 16+
- 11:00 AM – 12:50 PM | Men's Open Swim & Father/Child Co-ed Swim (girls must be 6 and under)
- 1:00 PM – 3:30 PM | Women's Adult Swim, ages 16+
- 3:30 PM – 6:25 PM | Women's Open Swim & Mother/Child Co-ed Swim (boys must be 6 and under)



**NOTE** | The pool may periodically close on Sunday afternoons for birthday party rentals. Notice will be provided. Email DavidJ@scclive.org to inquire about birthday party rentals or to be added to the Pool Updates email list.

## MORE INFO



- **ADULT SWIM** is reserved for those aged 16+. Lap swim takes precedent over other forms of exercise.
  - **CHILDREN AGES 10 AND OLDER** are permitted to swim unattended during select times during Open Swim, provided that they know how to swim on their own.
  - **CHILDREN AGES 9 & YOUNGER** must swim with an adult at all times. See schedule for times.  
*Parent/Child Co-ed Swim*
- + Children must be 6 years old and under to qualify for co-ed swim.  
+ Children ages 3 and older of the opposite sex can change in the Family Changing Room, only.  
+ Heads up: There is no changing in the sauna or on the pool deck.

No food or drinks on pool deck.  
Street shoes of any kind are  
forbidden in the pool area.



The Center reserves the right  
to one lane, at any time,  
for private swim instruction.

