Pool Hours & Info

INDOOR POOL (RESERVATIONS REQUIRED)

**Monday-Thursday:** 6:00 am-10:00 pm  
**Friday:** 6:00 am-6:00 pm  
**Saturday:** 8:00 am-6:00 pm  
**Sunday:** 8:00 am-8:00 pm

**Men's Swim:** Tuesdays, 9:00-10:00 pm  
**Women's Swim:** Sundays, 7:00-8:00 pm

Available for 1-hour reservations. Two reservations (two people) are allowed per lane. Please check in at the front desk when you arrive for your registered time slot. Masks are required on the pool deck and in the locker rooms. The sauna, steam room, and hot tub are open.

RESERVATIONS

Reservations are required via Mindbody for the indoor pool can be made up to 72 hours in advance. Please note: Reservations are only visible for the next 72 hours. Members may reserve more than one time slot per day. Directions on using Mindbody can be found at atlantajcc.org/mindbody.

Each indoor pool reservation is 1 hour. Members are responsible for social distancing to their own comfort levels.

If a member does not show up or if they cancel less than 4 hours from the reservation start time, a $20 fee will be assessed.

MODIFIED HOURS & CLOSINGS

- **Wed, Nov 24**  
  Thanksgiving Eve  
  5:30 am-6:00 pm
- **Thurs, Nov 25**  
  Thanksgiving  
  8:00 am-1:00 pm
- **Fri, Nov 26**  
  Day After Thanksgiving  
  5:30 am-1:00 pm
- **Fri, Dec 24**  
  Christmas Eve  
  5:30 am-1:00 pm
- **Sat, Dec 25**  
  Christmas Day  
  8:00 am-4:00 pm
- **Fri, Dec 31**  
  New Year’s Eve  
  5:30 am-1:00 pm
- **Sat, Jan 1**  
  New Year’s Day  
  8:00 am-1:00 pm
- **Fri, Apr 15**  
  Erev Passover  
  8:00 am-3:00 pm
- **Sat, Apr 16 & Sun, Apr 17**  
  Passover  
  MJCCA Closed
- **Thurs, Apr 21**  
  Erev Yom Tov  
  5:30 am-6:00 pm
- **Fri, Apr 22 & Sat, Apr 23**  
  Passover  
  MJCCA Closed

Please see atlantajcc.org/hs for a full list of abridged hours and closings.
Pool Policies

• When you arrive, each member will have their temperature taken using a noninvasive digital thermometer. If your temperature is 100.4 or higher, you will not be allowed to enter the MJCCA and must leave the campus. If you have had any of these symptoms in the past 24 hours — fever of 100.4 or higher, cough, chills, headache, shortness of breath, sore throat, new loss of taste or smell, muscle pain — we ask that you please stay home for the health and safety of our entire MJCCA family.
• NO GLASS CONTAINERS • NO ALCOHOL • NO SMOKING
• No solo bathing.
• No swimming without a lifeguard on duty.
• No diving in shallow water.
• No breath-holding or prolonged underwater swimming.
• Proper bathing attire is required.
• Shower and rinse thoroughly before entering the pool.
• Only water bottles are allowed in the pool area. No food, drink or gum is permitted within five (5) feet of the pool.
• No running, rough, or boisterous play is allowed.
• Do not hang on lane lines or cross lanes.
• No spitting, spouting, blowing nose, or any other bodily excretions permitted.
• No person with open sores, skin conditions, or any communicable conditions are permitted in the pool.
• Lifeguard has final authority in all safety issues.
• No animals in pool or on pool deck, other than Seeing Eye dogs.
• Children are encouraged to play in the upper pool on the weekends. Please be considerate of those members swimming laps in the lower pool.
• Membership: A valid membership is required to access the pool facility. All members must present a valid membership card to personnel each time they visit the pool. No guests are permitted at this time at our pools.
• Children: Children 12 and under must be accompanied by an adult 18 years of age or older in and around the pool. Swim diapers are required for those not potty trained.
• Swim Diaper Policy: All children under the age of 4 who are not fully potty trained must wear a disposable swim diaper under a reusable polyester/cotton (machine washable) swim diaper. Non-disposable swim diapers provide a tighter fit, which helps avoid lengthy pool closures due to accidents. Both diapers MUST be worn underneath a swimsuit. If this policy is not adhered to, children will not be permitted to enter our pools.
• Starting Blocks: Starting blocks are reserved for use by swim team and swim lessons only.
• Floats: Large floats are not permitted.
• Personal Flotation Devices (PFD): All PFDs must be US Coast Guard Certified. A parent/guardian must be within arms’ reach of each child using a PFD.
• Closing Policy: All members must be out of the pools 10 minutes prior to the closing of the facility.
• Weather: Our facility is equipped with a lightning warning system that alerts us when lightning is in the surrounding area. The warning allows us ample time to clear the pool area before lightning is within close range.
• Barbara and Ed Mendel Splash Park: All pool rules apply. Children ages 12 and under must be accompanied by an adult 18 years of age or older.

AQUATICS PROGRAMS

Swim Lessons
Get your kids in the water for individual and small group private swim lessons! Parents can choose from two different options; instructors can be in the water wearing a face shield, or the parent can be in the water with their child while the instructor is on the side wearing a face mask. Learn more and register at atlantajcc.org/swimlessons.

Swim Team
Have fun and stay active! Zaban Sharks will work on swim strokes for beginners, improving techniques for more advanced swimmers, and more – with fall and year-round options available. Kids ages 4-18 will enjoy fun weekly practices and intramural meets. Practice groups will be limited to 12-16 participants so sign up at atlantajcc.org/swimteam.

Water Aerobics Classes
Water aerobics is offered in the indoor pool by reservation only through Mindbody. Visit atlantajcc.org/waterfitnessschedule to see class times. After the class is finished, members will need to exit the pool area unless they have an additional lane reservation.

To learn more, please visit atlantajcc.org/aquatics