



To learn more, please visit  
[atlantajcc.org/aquatics](http://atlantajcc.org/aquatics)

# Pool Hours & Info

JANUARY 25-MAY 24

## INDOOR POOL

**Monday-Thursday:** 5:30 am-9:00 pm

**Friday:** 5:30 am-6:00 pm

**Saturday:** 8:00 am-6:00 pm

**Sunday:** 8:00 am-8:00 pm, with Women's Only Swim 6:00-7:00 pm

*Certain lanes may be unavailable due to Swim Lessons, Swim Team practice, and Water Fitness classes. Please visit [atlantajcc.org/indoorpoolschedule](http://atlantajcc.org/indoorpoolschedule) for lane availability.*

## MODIFIED HOURS & CLOSINGS

**Mon, Apr 22** *Erev Passover*  
5:30 am-3:00 pm

**Tues, Apr 23 & Wed, Apr 24** *Passover*  
Closed

**Sun, Apr 28** *Erev Yom Tov*  
5:30 am-6:00 pm

**Mon, Apr 29 & Tues, Apr 30** *Passover*  
Closed

*Please see [atlantajcc.org/hs](http://atlantajcc.org/hs) for a full list of abridged hours and closings.*

## LANE-SHARING ETIQUETTE

Given that members might be sharing lanes while lap swimming, we'd like to take this opportunity to remind all swimmers of proper lane-sharing etiquette, as well as other pool rules. Please see [atlantajcc.org/laneetiquette](http://atlantajcc.org/laneetiquette).



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# Pool Policies

- 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. Guards have authority to enforce all pool rules. Patrons who repeatedly violate the rules may be denied use of the pool complex by the Manager on duty.
- No person shall behave in such a manner as to jeopardize the safety, health and enjoyment of himself/herself and others. Doing so is grounds for expulsion.
- No animals in pool or on pool deck, other than Seeing Eye dogs.
- Children are encouraged to play in the upper pools 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. Guests must check in before using the indoor or outdoor pool.
- **Children:** Children under the age of 13 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

Teaching your child to swim is one of the best things you can do for their safety and physical development! Schedule individual and small group private swim lessons for your child to learn this essential lifelong skill. Learn more and register at [atlantajcc.org/swimlessons](http://atlantajcc.org/swimlessons).

### Swim Team

Have fun and stay active! Swimmers ages 4-18 can join daily practices and compete in swim meets with a flexible, opt-in format that won't interfere with your vacation plans. Zaban Sharks will work on swim strokes for beginners, improving techniques for more advanced swimmers, and more. Sign up at [atlantajcc.org/swimteam](http://atlantajcc.org/swimteam).

### Water Aerobics Classes

Get moving while building muscle with exercises that are adaptable to your fitness and comfort levels! This cardio-based workout uses the resistance of the water to add intensity and enhance strength. Offered in the indoor pool by reservation only through Mindbody. Visit [atlantajcc.org/waterfitnessschedule](http://atlantajcc.org/waterfitnessschedule) to see class times.



Northside Hospital Family Aquatic Center

## MONDAY INDOOR POOL SCHEDULE

OCTOBER 2023

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6		
5:30 AM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming				
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM								
9:30 AM	AquaFit	AquaFit	AquaFit	AquaFit				
10:00 AM	Swim Lessons	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming		
10:30 AM								
11:00 AM		AquaFit	AquaFit	AquaFit				
11:30 AM								
12:00 PM		Open Lap Swimming	Open Lap Swimming	Open Lap Swimming				
12:30 PM								
1:00 PM		Open Lap Swimming	Open Lap Swimming	Open Lap Swimming				
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM		Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice		
5:00 PM								
5:30 PM		Open Lap Swimming	Open Lap Swimming	Swim Team Practice	Swim Team Practice	Swim Team Practice		
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM	Open Lap Swimming							
8:00 PM	Open Lap Swimming	North Springs Swim Team	North Springs Swim Team	North Springs Swim Team	North Springs Swim Team			
8:30 PM								
9:00 PM	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed		
9:30 PM								



	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 AM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming
6:00 AM					Swim Team Practice	Swim Team Practice
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	AquaFit	AquaFit	AquaFit	AquaFit	Open Lap Swimming	Open Lap Swimming
9:30 AM						
10:00 AM	Swim Lessons	Preschool Swim	Open Lap Swimming	Open Lap Swimming		
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM		Silver Sneakers Splash	Silver Sneakers Splash	Silver Sneakers Splash		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM		Open Lap Swimming	Open Lap Swimming	Open Lap Swimming		
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM		Swim Team Practice	Swim Team Practice			
5:30 PM						
6:00 PM				Swim Team Practice	Swim Team Practice	Swim Team Practice
6:30 PM		Open Lap Swimming	Open Lap Swimming			
7:00 PM						
7:30 PM						
8:00 PM	Open Lap Swimming		North Springs Swim Team	North Springs Swim Team	North Springs Swim Team	North Springs Swim Team
8:30 PM						
9:00 PM	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed
9:30 PM						





	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 AM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming
6:00 AM					Swim Team Practice	Swim Team Practice
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	AquaFit	AquaFit	AquaFit	AquaFit	Open Lap Swimming	Open Lap Swimming
9:30 AM						
10:00 AM	Swim Lessons	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming		
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM		AquaFit	AquaFit	AquaFit		
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM		Swim Team Practice	Swim Team Practice			
5:30 PM						
6:00 PM				Swim Team Practice	Swim Team Practice	Swim Team Practice
6:30 PM		Open Lap Swimming	Open Lap Swimming			
7:00 PM						
7:30 PM	Open Lap Swimming					
8:00 PM			North Springs Swim Team	North Springs Swim Team	North Springs Swim Team	North Springs Swim Team
8:30 PM						
9:00 PM	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed	MJCCA Pool Closed
9:30 PM						



	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 AM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Swim Lessons	AquaFit	AquaFit	AquaFit		
9:30 AM						
10:00 AM		Silver Sneakers Splash	Silver Sneakers Splash	Silver Sneakers Splash		
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM		Open Lap Swimming	Open Lap Swimming	Open Lap Swimming		
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Swim Team Practice	Swim Team Practice	Swim Team Practice			
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						



	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 AM	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM	Swim Team Practice	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming
8:30 AM				Swim Team Practice	Swim Team Practice	Swim Team Practice
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						





	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:30 AM	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming
8:30 AM						
9:00 AM						
9:30 AM	Swim Lessons	Swim Lessons				
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	Women's Only Swim	Women's Only Swim	Women's Only Swim	Women's Only Swim	Women's Only Swim	Women's Only Swim
6:30 PM						
7:00 PM	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming	Open Lap Swimming
7:30 PM						
8:00 PM	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed	MJCCA Closed
8:30 PM						
9:00 PM						
9:30 PM						