

# INDOOR POOL NOVEMBER 2021–DECEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 7:00AM	OPENS AT 7:00AM
<b>CLASS SCHEDULE</b>						
6:00AM-8:45AM (LL) Adult Only (18+)	6:00AM-8:45AM (LL) Open Swim	6:00AM-8:45AM (LL) Adult Only (18+)	6:00AM-8:45AM (LL) Open Swim	6:00AM-7:30AM (LL) Adult Only (18+)	7:00AM-9:00AM (LL) Open Swim	7:00AM-9:00AM (LL) Adult Only (18+)
8:45AM-9:45AM Aquacise	8:45AM-9:45AM Water Stretch	8:45AM-9:45AM Aquacise	8:45AM-9:45AM Water Stretch	7:30AM-8:30AM Aqua Sculpt (\$)	9:00AM-2:00PM Swim Lessons	9:00AM-2:00PM Swim Lessons
10:00AM-11:50AM Open Swim	10:00AM-11:00AM Swim Lessons (\$)	10:00AM-11:30AM Swim Lessons (\$)	10:00AM-11:30AM Swim Lessons (\$)	8:45AM-9:45AM Aquacise	2:00PM-7:00PM Open Swim	2:00PM-7:00PM Open Swim
10:00AM-12:00PM Swim Lessons (\$)	10:00AM-11:50AM Open Swim	10:00AM-11:50AM Open Swim	10:00AM-11:50AM Open Swim	10:00AM-11:40AM Swim Lessons (\$)		
12:00PM-1:00PM Hydrotherapy (\$)	12:00PM-1:00PM Hydrotherapy (\$)	12:00PM-1:00PM Hydrotherapy (\$)	12:00PM-1:00PM Hydrotherapy (\$)	12:00PM-1:00PM Hydrotherapy (\$)		
1:00PM-3:00PM Adult Only (18+)	1:00PM-2:00PM Adult Only (18+)	1:00PM-3:00PM Adult Only (18+)	1:00PM-2:00PM Adult Only (18+)	1:00PM-2:00PM Adult Only (18+)		
3:00PM-7:00PM Swim Lessons (\$) Open Swim	2:00PM-3:00PM Arthritis (\$) 3:00PM-7:00PM Swim Lessons (\$) Open Swim	3:00PM-7:00PM Swim Lessons (\$) Open Swim	2:00PM-3:00PM Arthritis 3:00PM-7:00PM Swim Lessons (\$) Open Swim	2:00PM-7:00PM Open Swim 3:00PM-7:00PM Swim Lessons (\$) Open Swim		

PLEASE RINSE OFF BEFORE YOU SWIM

Please check our website for the most up to date COVID policies.

Swim Lessons: has priority of the indoor pool, check with lifeguard.

Open Swim: the pool is open to all to play and swim, no lap lanes available unless otherwise indicated.

(LL): lap lanes available on request.

Hydrotherapy, Aquacise, Arthritis & Water Stretch: has exclusive use of the pool at this time.

Aqua Sculpt (\$): small group training, has exclusive use of the pool at this time.

CLOSES AT 7:00PM	CLOSES AT 7:00PM	CLOSES AT 7:00PM	CLOSES AT 7:00PM	CLOSES AT 7:00PM	CLOSES AT 7:00PM	CLOSES AT 7:00PM
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THE OSHER MARIN JCC WILL BE CLOSED OR CLOSING EARLY ON THE FOLLOWING DATES:

11/19 (4PM), 11/25, 12/24 (6PM), 12/25, 12/31 (6PM), 01/01

# OUTDOOR POOL NOVEMBER 2021–DECEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 6:00AM	OPENS AT 7:00AM	OPENS AT 7:00AM
<b>CLASS SCHEDULE</b>						
6:00AM-10:00AM 7 Lap swim lanes 1 Family lane	6:00AM-7:00PM 6-7 Lap swim lanes 1-2 Family lanes	6:00AM-7:00PM 6-7 Lap swim lanes 1-2 Family lanes	6:00AM-5:30PM 6-7 Lap swim lanes 1-2 Family lanes	6:00AM-10:00AM 7 Lap swim lanes 1 Family lane	7:00AM-1:00PM 7 Lap swim lanes 1 Family lane	7:00AM-1:00PM 7 Lap swim lanes 1 Family lane
10:00AM-11:00AM Aquacise 5 Lap swim lanes	5:45PM Aquacise		5:30PM-6:30PM 5 Lap swim lanes	10:00AM-11:00AM Aquacise 5 Lap swim lanes	1:00PM-5:00PM 5 Lap swim lanes 3 Family lanes	1:00PM-5:00PM 5 Lap swim lanes 3 Family lanes
11:00AM-7:00PM 6-7 Lap swim lanes 1-2 Family lanes			5:45PM Aquacise 6:30PM-7:00PM 6-7 Lap swim lanes 1-2 Family lanes	11:00AM-7:00PM 6-7 Lap swim lanes 1-2 Family lanes	5:00PM-7:00PM 6-7 Lap swim lanes 1-2 Family lanes	5:00PM-7:00PM 6-7 Lap swim lanes 1-2 Family lanes

CLOSES AT 7:00PM	CLOSES AT 7:00PM	CLOSES AT 7:00PM	CLOSES AT 7:00PM	CLOSES AT 7:00PM	CLOSES AT 7:00PM	CLOSES AT 7:00PM
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WE ARE HIRING FOR SWIM INSTRUCTORS, LIFEGUARDS, AND OTHER POSITION. GO TO [MARINJCC.ORG/ABOUT-US/CAREERS/](http://MARINJCC.ORG/ABOUT-US/CAREERS/)

OSHER MARIN JCC / 200 N. SAN PEDRO ROAD, SAN RAFAEL, CA 94903 / 415.444.8000 / [WWW.MARINJCC.ORG](http://WWW.MARINJCC.ORG)

# INDOOR & OUTDOOR POOL RULES

**Lifeguards have complete and final authority** on usage and rule enforcement.

**Swimsuits are required** when using our pools, hot tub, steam room and sauna. Please shower prior to entering these areas. If you have long hair, please pull it back or wear a swimcap.

Exercise equipment, including **barbells, weights, and belts**, is available for **adult use only**.

**Children are encouraged to use our Coast Guard Approved life vests.** Children may use kickboards and noodles at the discretion of the lifeguard. Inflatables no greater than 48" across may be used in the family swim lane of the outdoor pool only.

**No glass on pool decks.**

**Food only allowed on lawn areas.**

**All young children who are not toilet trained MUST wear swim diapers AND plastic swim pants** while using our pools. **Failure to adhere to this policy may result in pool closure.**

For your convenience, you may purchase swim pants and diapers at the H&F desk. Please do not change your child on the pool deck. Family changing rooms are provided.

**Diving is not permitted at any of our pools.**

# KIDS' AQUATIC POLICIES

**A supervising adult (18+) must remain with kids 9 & under in all Aquatics areas.**

## POOLS

- **13+** may use the pools without an adult. Unless a lifeguard deems an unsafe swimmer at which point a swim test will be administered.
- **10-12** may use the pools on their own if they pass our swim test. **Adult must remain in the facility.**
- **5-9** may use the pools on their own if they pass our swim test. **Adult must remain in view.**
- **0-4** must have an adult in the water and nearby while in the pools regardless of swimming ability.
- **Any child 5-12** who has not passed our swim test must have a supervising adult (18+) in the water and nearby at all times.

## HOT TUB

- **0-3** may not use the hot tub, including sitting on the edge.
- **4-9** may use the hot tub on their own. **Adult must remain in view.**
- **10-12** may use hot tub on their own. **Adult must remain in the facility.**
- **13+** may use the hot tub without an adult.

## SAUNA & STEAM ROOM

- **0-7** may not use sauna or steam room.
- **8-12** may use with an adult.
- **13+** may use without an adult.

# TOT POOL SCHEDULE

## MAY 1–OCT 31:

7 days a week, 10am until closing

## NOV 1–APR 30:

Closed for the season

### PLEASE NOTE:

No toys or equipment that float are allowed in the tot pool, with the exception of Coast Guard approved life vests.

# CIRCLE SWIMMING POLICY & PROCEDURE

Our pool is enjoyed by a wide range of ages and abilities. While we strive to accommodate everyone, we ask that you be understanding and gracious in your willingness to share our space.

**Here are some useful guidelines to follow:**

- Please enter the lap lanes from the deep end of the pool. If you wish to enter from the shallow end, please notify lifeguard so they can alert anyone in the lane you wish to join.
- Circle swimming (counter clock-wise) is required when there is no space to split a lane. The lifeguard will help you find a lane to best match your speed.
- Please remain flexible and be willing to move lanes to better match speeds with your fellow swimmers. If you are having difficulty in your lane, a lifeguard would be happy to help you find a better option.
- If you do not wish to circle swim, you may exit the pool and wait for the pool to become less crowded. We discourage waiting on pool deck as it does not guarantee you your own lane and you may still be asked to circle swim if the pool becomes busy again.
- Please remember that at least one lane is always reserved for Family Swim. You are welcome to swim in this area when it is unoccupied, but please be prepared to move when asked. Additional Family Swim lanes may be added if needed at any time.
- Please don't hesitate to ask the lifeguards for help, they are here to ensure a safe and enjoyable environment for everyone.