

SolowayJCC Outdoor Pool Swim Schedule

Monday, August 1: The Outdoor Pool is **OPEN** 1:00 PM - 7:00 PM

(*Weather Permitting: Open during light rain. Closed at any sign of thunder or lightning*)
 Times and dates subject to change without notice. Call 613-729-6060 with any questions

2 Lap lanes will always be available after noon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 8:00 am-1:00 pm	2 Lap Lanes 8:00-9:00 am	Lap Swim 8:00-9:00 am	2 Lap Lanes 8:00-9:00 am	Lap Swim 8:00-9:00 am	2 Lap Lanes 8:00-9:00 am	Open Swim 1:00 -7:00 pm *Only the outdoor pool is open on Saturdays to members only. There is no access to inside the SJCC building. Guest and pool passes are no longer available.
	Aquafit 9:15-10:00 am	Aquafit 9:15-10:00 am	Aquafit 9:15-10:00 am	Aquafit 9:15-10:00 am	Aquafit 9:15-10:00 am	
SUMMER CAMPS 10:00 am - 12:00 pm POOL CLOSED						
Open Swim 1:00 -7:30 pm	Lap Swim 12:00-1:00 pm	Lap Swim 12:00-1:00 pm	Lap Swim 12:00-1:00 pm	Lap Swim 12:00-1:00 pm	Lap Swim 12:00-1:00 pm	
	Open Swim 1:00 -7:30 pm	Open Swim 1:00 -7:30 pm	Open Swim 1:00 -7:30 pm	Open Swim 1:00 -7:30 pm	Open Swim 1:00 -6:00 pm	
	After 6:00 pm 3 Lap Lanes are available until Close					

Age	Requirement	Guardian:Child Ratio
5 years and under	Accompanied by parent/guardian 16 years or older who must be actively participating and within arms reach at all times	1:2 at all times
6 to 7	Accompanied by parent/guardian 16 years or older who must be actively participating and within arms reach at all times	1:4 or 1:6 if wearing life jackets
8 - 9 (non-swimmer)	Always accompanied by parent/guardian 16 years or older	1:4 or 1:8 if wearing life jackets
8-9 (completed swim test) & 10 and older	No guardian supervision required	