



Sidney Albert  
Albany JCC

## Effective June 25 - September 2, 2018

### SPORBORG OUTDOOR POOL

(4.5ft. X 75 ft. - 1 mile = 72 lengths)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-10:00 AM  Lap Swim	5:30-8:00 AM Early Bird Swim					7:00-10:00 AM  Lap Swim
	8:00-10:30 AM  1/2 Open Swim  1/2 Lap Swim	8:00-9:30 AM Open & Lap Swim  9:30-10:00 AM Women Only  10:00-10:30 AM Men only	8:00-10:30 AM  1/2 Open Swim  1/2 Lap Swim	8:00-9:30 AM Open & Lap Swim  9:30-10:00 AM Women Only  10:00-10:30 AM Men only	8:00-10:30 AM  1/2 Open Swim  1/2 Lap Swim	
10:00 AM to 6:45 PM  1/2 Open Swim & 1/2 Lap Swim	10:30 AM-12:30 PM Camp Schodack Swimming Lessons (7/9 -8/3) & 1 Lane Open  12:30-1:30 PM Lap Swim					10:00 AM to 6:45 PM  1/2 Open Swim & 1/2 Lap Swim
	1:30-7:45 PM  1/2 Open Swim & 1/2 Lap Swim	1:30-2:30 PM 1/2 lap & 1/2 open  2:30-3:00 PM Adult Swim ONLY  3:00-7:45 PM 1/2 Open Swim & 1/2 Lap Swim	1:30-7:45 PM  1/2 Open Swim & 1/2 Lap Swim	1:30-2:30 PM 1/2 lap & 1/2 open  2:30-3:00 PM Adult Swim ONLY  3:00-7:45 PM 1/2 Open Swim & 1/2 Lap Swim	1:30-6:45 PM  1/2 Open Swim & 1/2 Lap Swim	<b>CHILDREN UNDER AGE 13 MUST BE ACCOMPANIED BY AN ADULT</b>
6:45 PM Pool Closed	7:45 PM Pool Closed	7:45 PM Pool Closed	7:45 PM Pool Closed	7:45 PM Pool Closed	6:45 PM Pool Closed	6:45 PM Pool Closed

### Rosenthal Kiddie Pool (Shallow 2 Feet/Deep End 3 Feet)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 AM to 6:45 PM  Open Swim	8:30 AM-1:00 PM Camp Taf & Daycare Swim Lessons 1:15 - 1:45 PM Swim Lessons/Open Swim					11:00 AM to 6:45 PM  Open Swim
	1:45-7:45 PM  Open Swim				1:00-6:45pm  Open Swim	

Due to NYS Board of Health Regulations, lawn chairs or other furnishings are prohibited in the Rosenthal Pool area.

**INCLEMENT WEATHER POLICY:** The outdoor pool hours are subject to change when adverse weather conditions arise.

For your safety, the pool will be closed at the discretion of the aquatics director or head lifeguard. When the pool is closed due to bad weather, everyone must leave the pools and adjacent areas and seek shelter inside. Some programs may be moved to the indoor pool.

**All CHILDREN MUST BE ACCOMPANIED BY AN ADULT**

# Outdoor Pool Rules - 2018

In order to ensure that all our members have a safe, clean and fun experience this summer, we ask that you comply with our following rules and regulations:

1. Our lifeguard staff reserves the right to ask our members to move to different parts of the pool should they feel that their safety is at risk.
2. **AJCC will NOT provide any flotation devices for the outdoor pools, including noodles.**
3. **Flotation devices are permitted in the kiddie pool only with ADULT supervision in the water.**
4. Food and beverages are allowed in the picnic area **ONLY**, but you may have bottled water in the pool areas.
5. No smoking is allowed.
6. In order to avoid falls and potential injuries, running is prohibited.
7. Please remove **ALL bandages** before swimming. We cannot allow you access to the pools if you have an infectious disease, and/or skin irritations or open wounds.
8. All children under the age of 12 must be accompanied by an adult.
9. All children under the age of 7 must be within arms reaching of responsible persons.
10. No diving.
11. All swimmers must **Shower** before entering the pools.
12. No throwing or pushing other people into the pool in any manner.
13. No sitting/hanging on lane ropes.
14. No hanging on ladders.
15. Absolutely no use of cell phone camera/video cameras in the pool areas/locker rooms.
16. Swimming is permitted only when a lifeguard is on duty.
17. **Any member whose hair is below shoulders must wear Hair tie or swimming cap**  
**In ALL AJCC pools.**

## Outdoor-specific Pool User Rules

- ☺ For everyone's safety the Outdoor Pools & Indoor Pool will close during thunder & lightning.
- ☺ Food or drink is permitted in the area around the picnic tables.
- ☺ No hopping over the fence.
- ☺ The door to the indoor pool is EXIT Only (staff only)
- ☺ Playground opened Monday-Friday 6-7pm and Saturday & Sunday 11am-6pm

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### SCHEDULE CHANGE FOR OUTDOOR POOL

**June 28 & July 12 & 26, 2018**

Pool is reserved for a swim meet from 5-8pm

Outdoor pool will be closing at 5pm