



Sidney Albert
Albany JCC

Effective July 8 - July 29 SPORBORG OUTDOOR POOL

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 11:00 AM to 5:30 PM 1/2 Open Swim & 1/2 Circle Lap Swim | 6:00 AM - 8:45 AM Early Bird Circle Lap Swim | | | | | 11:00 AM to 5:30 PM 1/2 Open Swim & 1/2 Circle Lap Swim <div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> CHILDREN UNDER AGE 13 MUST BE ACCOMPANIED BY AN ADULT </div> |
| | 9:00 - 12:00 PM CAMP SHALOM Monday - Friday | | | | | |
| | Men Only 12:30-1:30 PM <small>1/2 Open & 1/2 circle lap</small> | 12:15-6:00 PM 1/2 Open Swim | 12:15-6:00 PM 1/2 Open Swim | 12:15-6:00 PM 1/2 Open Swim | 12:15- 5:30 PM 1/2 Open Swim | |
| | Women Only 1:30-2:30 PM <small>1/2 Open & 1/2 circle lap</small> | & 1/2 Circle Lap Swim | & 1/2 Circle Lap Swim | & 1/2 Circle Lap Swim | & 1/2 Circle Lap Swim | |
| | 2:30-6:00 PM 1/2 Open Swim & 1/2 Circle Lap Swim | 6:00 PM- 7:30 PM 1/2 Circle Lap Swim | 6:00 PM- 7:30 PM 1/2 Circle Lap Swim | 6:00 PM- 7:30 PM 1/2 Circle Lap Swim | 6:00 PM- 7:30 PM 1/2 Circle Lap Swim | |
| 6:00pm-8:00 PM Swim Team | 6:00pm-8:00pm Swim Team | 6:00pm-8:00pm Swim Team | 6:00pm-8:00pm Swim Team | 6:00pm-8:00pm Swim Team | | |
| 5:30 PM Pool Closed | 7:30 PM Pool Closed | 7:30 PM Pool Closed | 7:30 PM Pool Closed | 7:30 PM Pool Closed | 5:30 PM Pool Closed | 5:30 PM Pool Closed |

Rosenthal Kiddie Pool

(Shallow 2 Feet/Deep End 3 Feet)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---------|-----------|----------|---|---|
| 11:00 AM to 5:00 PM Open Swim | 9:30 AM- 12:30 PM CAMP TAF Swim Lessons | | | | | 11:00 AM to 5:00 PM Open Swim <div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> CHILDREN 6 AND UNDER ALLOWED IN KIDDIE POOL MUST BE ACCOMPANIED BY AN ADULT </div> |
| | 12:30 PM - 7:00 PM Open Swim | | | | | |
| | Boys Only 12:30 - 1:30 PM | | | | 12:30 PM to 5:30 PM Open Swim | |
| <small>Due to NYS Board of Health Regulations, lawn chairs or other furnishings are prohibited in the Rosenthal Pool area.</small> | | | | | | |
| INCLEMENT WEATHER POLICY: The outdoor pool hours are subject to change when adverse weather conditions arise. <small>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.</small> | | | | | | |

Outdoor Pool Rules - 2024

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

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 & Kickboards**
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, wounds and/or skin irritations or open.
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

- ☺ **To accomodate all members the JCC reserves the right to limit the number of people and family members in Kiddie Pool at any time.**
- ☺ **For everyone's safety the Outdoor Pools & Indoor Pool will close during thunder & lightning.**
- ☺ **Children under the age of 6 yrs old will be allow in Kiddie Pool must be accompanied by an adult.**
- ☺ **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)**
- ☺ **Outdoor Shower to be use for Rinsing only, Indoor Showers are available to keep you warm at all times.**

SCHEDULE CHANGE FOR OUTDOOR POOL

July 2 , 11, 18 & 25 Outdoor pool will be closed at 5:00pm for Home Swim Meet / Kiddie Pool will be Open