

# LJCC INDOOR POOL SCHEDULE



3960 Montclair Road Birmingham, AL 35213 (205)879-0411 WWW.BHAMJCC.ORG

	Pool Hours	Lap Swimming	Swim Lessons	Water Aerobics	Master Swimming	BSL
Monday	5:30 AM - 8:30 PM	5:30 AM - 4:00 PM 6:00 PM - 8:30 PM	7:00 AM - 7:00 PM	9:00 AM - 10:00 AM 10:00 AM - 11:00 AM	5:30 AM - 6:30 AM	3:30 PM - 7:00 PM
Tuesday	5:30 AM - 8:30 PM	5:30 AM - 4:00 PM 6:00 PM - 8:30 PM	7:00 AM - 7:00 PM			3:30 PM - 7:00 PM
Wednesday	5:30 AM - 8:30 PM	5:30 AM - 4:00 PM 6:00 PM - 8:30 PM	7:00 AM - 7:00 PM	9:00 AM - 10:00 AM	5:30 AM - 6:30 AM	4:00 PM - 7:00 PM
Thursday	5:30 AM - 8:30 PM	5:30 AM - 4:00 PM 6:00 PM - 8:30 PM	7:00 AM - 7:00 PM			3:30 PM - 7:00 PM
Friday	5:30 AM - 4:30 PM	5:30 AM - 4:30 PM	7:00 AM - 4:30 PM	9:00 AM - 10:00 AM	5:30 AM - 6:30 AM	3:30 PM - 4:30 PM
Saturday	8:30 AM - 5:30 PM	8:30 AM - 5:30 PM				
Sunday	6:30 AM - 5:30 PM	6:30 AM - 5:30 PM	8:00 AM - 4:00 PM			2:30 PM - 5:30 PM

\*The Outdoor Pool will remain open for Adult only swim (18+) through Saturday, September 21. Hours will reflect "Pool Hours" above. No lifeguard will be on duty.  
**18 years old and above only!**

*Effective 9/3/2019  
Schedule Subject to Change.  
Please follow us on Facebook for alerts and updates.*

Pools are immediately closed for thunder/lightning and will re-open 30 minutes after thunder, 45 minutes after lightning. LJCC approved swim diapers must be worn for all children not toilet-trained. Approved swim diapers may be purchased at the Welcome Desk.

**NO DISPOSABLE SWIM DIAPERS.**

Lap swimmers are required to share lanes when lap lanes are full. Please refer to signs for more information on how to effectively share lanes.

If you have recently been, or are currently, experiencing gastrointestinal illness, please do not swim until two weeks after your symptoms subside.

For more information visit [bhamjcc.org](http://bhamjcc.org) or email Dan Tourtellotte at [dt@bhamjcc.org](mailto:dt@bhamjcc.org).