

JCC Lap Swim Guidelines

We're excited to welcome you to lap swim! To help everyone enjoy their time in the pool, please review the following guidelines.

Reservations

1. Lap lanes are reservation-based. Book your time on the JCC App or online link.
 2. Choose 30 minutes or 1 hour (reserve two 30-minute slots).
 3. Reservations can be made up to 2 hours before your swim, with a limit of 4 active reservations at a time.
 4. For best results, select all lanes when checking availability.
 5. If you are 10 minutes late for a 30-minute swim or 20 minutes late for an hour swim, your lane may be given to another member.
 6. Don't have a reservation? You're welcome to check in — open lanes are available on a first-come, first-served basis (space permitting).
-

Lane Use

1. Each lane allows up to 2 swimmers. Sharing is part of the community lap swim experience, especially during busy times.
 2. Ages 13+ may reserve on their own.
 3. Swimmers under 13 may swim with a parent/guardian (18+) who reserves both spots in the lane.
 4. Lane 1 has accessible stairs for easy entry.
-

Check-In & Pool Etiquette

1. Stop by the lifeguard shack (Blue Door at North End of the Pool) before swimming with your member card or name.
 2. Enter the pool feet first from the shallow end.
 3. If joining a lane already in use, please let swimmers know before entering.
 4. Swim with respect:
 5. Stay to your side of the lane.
 6. Wait for space before pushing off if another swimmer is approaching.
 7. Use paddles or fins carefully.
 8. Lifeguards may ask swimmers to adjust lanes if needed.
-

Safety & Staff Support

1. Our lifeguards are here for your safety — please follow their directions at all times.
2. When only one lifeguard is on duty, the pool may close briefly for safety breaks.
3. If you need assistance or have a concern, let the lifeguard on duty know right away.

Be kind, swim safe, and enjoy your time in the pool!

Questions? Contact Riley Simpson, Aquatics Director
rileysim@jccabq.org or 505-418-4457