Aquatics Programs

Fall 2026

Important Registration Information

We're getting ready to launch a new registration system at the Miles Nadal JCC!

Online registration through our current system will be temporarily unavailable from **Tuesday, November 3 at 8 pm through Monday, November 16.** Our new registration system launches **Tuesday, November 17.**

In the meantime, programs and events will continue as scheduled. You can register for upcoming programs using the instructions below.

For assistance, contact the MNjcc Front Desk at **416-924-6211 ext. 0.**



Swimming Lessons

Our swim lessons make water safety active, engaging and age-appropriate, helping swimmers build confidence and develop their skills in a supportive environment.
We offer group, semi-private and private lessons for children ages 6 months and up, as well as beginner and intermediate lessons for adults.

Lessons are open to members and non-members.

Fall Lessons: To inquire about late fall registration, private lessons or program transfers, please contact the Aquatics team. Staff will help coordinate arrangements during the registration system transition.

Winter Lessons: Registration opens November 30, 2026.

For questions: Contact aquatics@mnjcc.org



Aquafit

Build strength, improve mobility and stay active with our water-based fitness classes. Aquafit offers a low-impact workout in our saltwater pool, combining cardiovascular exercise and strength training using water dumbbells, noodles and flotation belts. Choose from shallow-water Aquafit or Deep Water Aquafit, which uses flotation equipment for an added challenge.

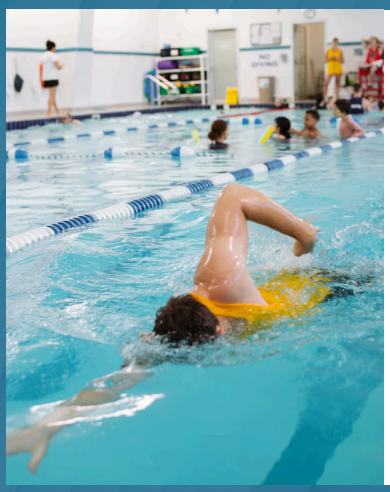
Cost: Included with MNjcc membership.

During the registration system transition: Members can book Aquafit classes taking place through November 22 through the front or fitness desk, in person or by calling 416-924-6211 ext. 0.
Starting November 17, members can use the new My J App to book classes taking place November 23 onward. All Aquafit bookings move to My J App on November 23.

For questions: Contact aquatics@mnjcc.org

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Recreational Swimming

Make a splash at the J!

Recreational swimming is a relaxed, family-friendly opportunity to enjoy the pool, practice swimming skills or simply have fun in the water.

Rec Swim is open to swimmers of all ages. Children must be accompanied in the water by a guardian aged 16 or older.

Cost: Included with MNjcc membership, $5 for non-members.

During the registration system transition: Swimmers can register for rec swim through the front or fitness desk, in person or by calling 416-924-6211 ext. 0.

For questions: Contact aquatics@mnjcc.org



Lane Swimming

Find your rhythm in the pool!

Whether you're training, building endurance or simply looking for a great full-body workout, lane swimming offers a flexible way to stay active.

Lane swim times are available throughout the week, with designated lanes for swimmers.

Cost: Included with MNjcc membership or available with a day pass.

During the registration system transition: Lane swimming will continue according to the regular pool schedule. No advance registration is required.

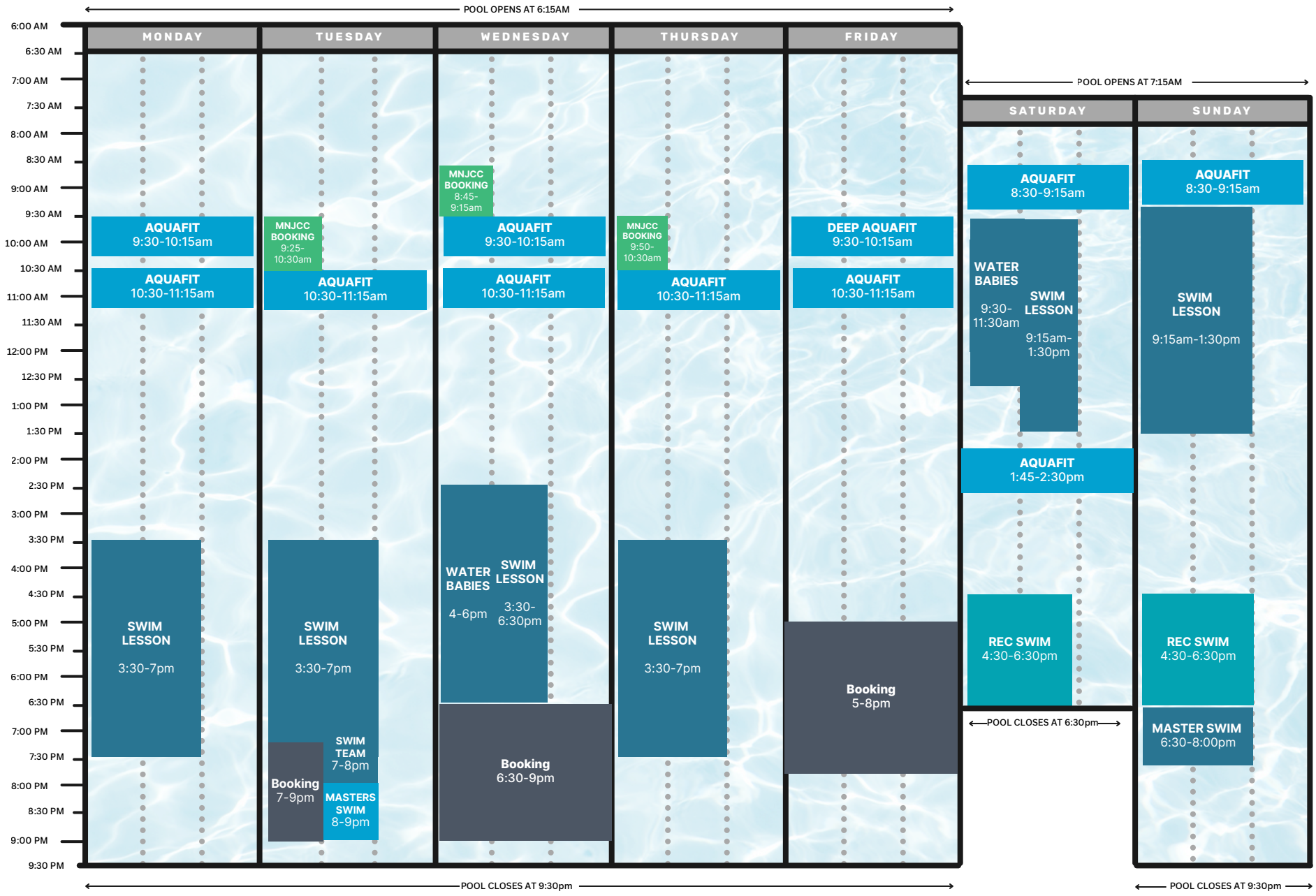
For questions: Contact aquatics@mnjcc.org.

POOL SCHEDULE

SEPT 14 - DEC 21 2026

OPEN LANES

SCHEDULE UPDATED ON AUG 21, 2026
SUBJECT TO CHANGE



POOL ACTIVITIES

MNJCC.ORG/AQUATICS

LANE SWIM (AGES 12+)
Please follow the Lane Swim Etiquette at all times.
→

REC SWIM (ALL AGES)
Children in the water must be accompanied by an adult over the age of 16. Children 12 and under must pass a test in order to swim in the deep end. Deep end test = one length of the pool with a recognizable stroke and one minute of treading water. Please see the lifeguard on duty to complete the test.

SWIM LESSONS (ALL AGES)
Register online at www.mnjcc.org/swimlessons
Please be advised that lessons may run during other scheduled pool activities.

AQUAFIT (AGES 12+)
Aquafit is ideal if you are looking for an alternative to weight-bearing exercise. A great total body workout for all ages and all fitness levels in the pool.

SWIMFIT (AGES 15+)
Designed for more advanced swimmers who are looking to incorporate swimming into their regular exercise routine. Swimmers must have a strong understanding of and be proficient at front crawl, back crawl, and breaststroke and must be able to swim 400m continuously. Free for Members → register at www.mnjcc.org/swim15

MASTERS SWIM (AGES 15+)
For advanced swimmers looking for a challenge. Masters Swim offers a great workout and training provided by one of our experienced coaches who can work with you to help achieve your swimming goals. Free for Members → register at www.mnjcc.org/swim15

LANE SWIM ETIQUETTE

Choose the appropriate lane for your pace: Fast, Medium, or Slow.

When entering a lane, give swimmers the right of way and inform other swimmers that you are entering

Parallel swimming can be done until a third person enters the lane. Circle swimming will commence in a counter clock-wise direction when all swimmers are notified and ready.

Allow faster swimmers to pass you once you have reached the end of the pool. Passing in the middle of the lane is also acceptable.

If you are continually being passed, please move to a slower lane if available. Conversely, if you are continually passing others, please move to a faster lane if available.

When pausing at the end of a lap, move to the corner of the lane to allow others to swim uninterrupted.

Walking, aqua-jogging and stationary exercises can only be done when at least two lanes are available and must be done in the Slow Lane or during
Rec Swim.

LIFEGUARDS HAVE THE RESPONSIBILITY AND AUTHORITY TO ASK YOU TO MOVE TO A SPECIFIC LANE. YOU MUST LISTEN TO THEIR DIRECTIONS, REGARDLESS OF THE SITUATION.