Three Weeks: Swimming

If you are swimming for:

- Pleasure, you may swim during the *Three Weeks* but not during the *Nine Days.*
- Exercise (you don't particularly enjoy swimming or you are not doing it for fun or to cool off), you may be permitted to swim even during the *Nine Days*. Consult a *rabbi*.

© Copyright 2026 Richard B. Aiken | www.practicalhalacha.com