

JCC LARGE POOL SCHEDULE

SEPTEMBER-DECEMBER 2017

All lanes open unless otherwise noted

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Pool opens 7:45 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 8 am	
7:45-8:30 am Swim Teams Open Lanes (3)	9 -10 am Aqua Fit Open Lanes (4)	5:30-7 am Masters/Adults Open Lanes (3)	9 -10 am Aqua Fit Open Lanes (4)		9 -10 am Aqua Fit Open Lanes (4)	Holiday Hours Labor Day September 4 Fitness facilities: 8 am-2 pm Rosh Hashanah Wednesday, September 20: Close at 5 pm Closed Thursday, September 21 Closed Friday, September 22 Yom Kippur Friday, September 29: Close at 5 pm Closed Saturday, September 30 Sukkot Wednesday, October 4: Close at 5 pm Closed Thursday, October 5 Shemini Atzeret and Simchat Torah Wednesday, October 11: Close at 5 pm Closed Thursday, October 12 Thanksgiving Thursday, November 23 Fitness facilities open 8 am-2 pm Christmas Sunday, December 24 and Monday, December 25: Open 8 am-6 pm New Year's Sunday, December 31: 8 am-6 pm Monday, January 1, 2018: 8 am-2 pm For more information • Carla Likar, Aquatics Director clikar@jccpgh.org 412-339-5429	
8:30-11:30 am Masters/Adults Open Lanes (3)							
11:30 am-1:30 pm Group Swim Lessons Open Lanes (5)	4-5 PM Squirrel Hill Swim Team Pool Closed		4-5 PM Squirrel Hill Swim Team Pool Closed		4-6 pm Sailfish Swim Teams Open Lanes (2)		
4-5 pm FEMALE ONLY SWIM	5-6 pm Sailfish Swim Teams Open Lanes (1)	5-6 pm Special Olympics (2) Open Lanes (5)	5-6 pm Sailfish Swim Teams Open Lanes (1)	5-6:30 pm Sailfish Swim Teams Open Lanes (3)			
5-6 pm MALE ONLY SWIM	6-8 pm Sailfish Swim Teams Open Lanes (2)	5:30-7 pm Sailfish Swim Teams Open Lanes (3)	6-8 pm Sailfish Swim Teams Open Lanes (3)				
		6:30-8 pm Masters Open Lanes (3)		6:30-8 pm Masters Group Swim Lessons Open Lanes (2)	Private swim lessons are sometimes scheduled during Open Swim times.		
		9-10 pm MALE ONLY SWIM	9-10 pm FEMALE ONLY SWIM				
Pool closes 6 pm	Pool closes 10 pm	Pool closes 10 pm	Pool closes 10 pm	Pool closes 10 pm	Pool closes 6 pm		Pool closes 6 pm

JCC SMALL POOL SCHEDULE

SEPTEMBER-DECEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool opens 7:45 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 8 am
		8-9 am Aqua Walkout		8-9 am Aqua Walkout		
9 am-Noon Closed For Swim Lessons		9:25-10:15 am Early Childhood Group Swim		9:25-10:40 am Early Childhood Group Swim		Private swim lessons may use one-third of the small pool with lane ropes during open swim times.
	10-10:30 am Group Swim Lessons	10:15-10:45 am Group Swim Lessons	10:15-10:45 am Group Swim Lessons			
	10:45-11:30 am Shake, Splash & Roll	10:45-11:30 am SilverSplash	10:45-11:30 am Shake, Splash & Roll	10:45-11:30 am SilverSplash	10:45-11:30 am Shake, Splash & Roll	
	Noon-1 pm Arthritis Exercise	12:30-1 pm Group Swim Lessons	Noon-1 pm Arthritis Exercise	11:30 am-1 pm Group Swim Lessons	Noon-1 pm Arthritis Exercise	2-3 pm Occasional birthday parties
2-3 pm Occasional birthday parties			3-5 pm Group Swim Lessons	3-4 pm Group Swim Lessons		
4-5 pm FEMALE ONLY SWIM	4-6 pm Closed For Swim Lessons	4:30-5:15 pm Teen/Young Adult Center and Clubhouse	5-6 pm Teen/Young Adult Center	5-6:30 pm Closed For Swim Lessons	4:30-5:15 pm Teen/Young Adult Center	
5-6 pm MALE ONLY SWIM			6-7:30 pm Closed for Swim Lessons			For more information: 412-339-5429
		9-10 pm MALE ONLY SWIM	9-10 pm FEMALE ONLY SWIM			
Pool closes 6 pm	Pool closes 10 pm	Pool closes 10 pm	Pool closes 10 pm	Pool closes 10 pm	Pool closes 6 pm	Pool closes 6 pm