

# JCC SQUIRREL HILL LARGE POOL

# September 13-December 31, 2021

## SUNDAY

**Pool opens 8 am**

**8-10 am**

Masters/Adults  
Open Lanes (3)

**10 am-1 pm**

Open Lap Swim

**Pool Closes 1 pm**

## MONDAY

**Pool opens 6 am**

**6-10 am**

Lap Swim  
Register on MindBody

**9-10 am**

Aqua Fit  
Open Lanes (3)

**10 am-4 pm**

Open lap swim

**4-5 pm**

Sailfish Swim Teams  
**Pool closed**

**5-8 pm**

Sailfish Swim Teams  
Open Lanes (2)  
Register on MindBody

**Pool closes 8 pm**

## TUESDAY

**Pool opens 6 am**

**6-9 am**

Lap Swim  
Register on MindBody

**9 am-4 pm**

Open Lap Swim

**4-8 pm**

Sailfish Swim Teams  
Open Lanes (2)  
Register on MindBody

**Pool closes 8 pm**

## WEDNESDAY

**Pool opens 6 am**

**6-10 am**

Lap Swim  
Register on MindBody

**9-10 am**

Aqua Fit  
Open Lanes (3)

**10 am-4 pm**

Open lap swim

**4-5 pm**

Squirrel Hill Swim Team  
**Pool Closed**

**5-8 pm**

Sailfish Swim Teams  
Open Lanes (2)  
Register on MindBody

**Pool closes 8 pm**

## THURSDAY

**Pool opens 6 am**

**6-9 am**

Lap Swim  
Register on MindBody

**9 am-4 pm**

Open Lap Swim

**4-8 pm**

Sailfish Swim Teams  
Open Lanes (2)  
Register on MindBody

**Pool closes 8 pm**

## FRIDAY

**Pool opens 6 am**

**6-10 am**

Lap Swim  
Register on MindBody

**9-10 am**

Aqua Fit  
Open Lanes (3)

**10 am-4 pm**

Open lap swim

**4-6 pm**

Sailfish Swim Teams  
Open Lanes (2)  
Register on MindBody

**Pool closes 6 pm**

## SATURDAY

**Pool opens 8 am**

**8 am-1 pm**

Open Lap Swim

**Pool closes 1 pm**

# JCC SQUIRREL HILL SMALL POOL

# September 13-December 31, 2021

## SUNDAY

Pool opens 8 am

8-9 am

Adult Open Swim

9 am-1 pm

Group Swim Lessons

Pool closed

Pool closes 1 pm

## MONDAY

Pool opens 6 am

6 am-10 am

Adult Open Swim

10-10:30 am

Group Swim Lessons

10:45-11:30 am

Shake, Splash & Roll

Noon-1 pm

Arthritis Exercise

1-3 pm

Family Swim

3-4 pm

Swim Lessons

4-8 pm

Family Swim

Pool closes 8 pm

## TUESDAY

Pool opens 6 am

6-8 am

Adult Open Swim

8-9 am

Aqua Walkout

9:25-10:15 am

EDCD Group Swim

10:15-10:45 am

Group Swim Lessons

10:45-11:30 am

SilverSplash

11:30 am-3 pm

Family Swim

3-4 pm

Group Swim Lessons

Pool closed

4-8 pm

Family Swim

Pool closes 8 pm

## WEDNESDAY

Pool opens 6 am

6-9 am

Adult Open Swim

9:25-10:15 am

ECDC Group Swim

10:15-10:45 am

Group Swim Lessons

10:45-11:30 am

Shake, Splash & Roll

Noon-1 pm

Arthritis Exercise

1-3 pm

Family Swim

3-4 pm

Group Swim Lessons

Pool closed

4-8 pm

Family Swim

Pool closes 8 pm

## THURSDAY

Pool opens 6 am

6-8 am

Adult Open Swim

8-9 am

Aqua Walkout

9:25-10:15 am

ECDC Group Swim

10:15-10:45 am

Group Swim Lessons

10:45-11:30 am

SilverSplash

11:30 am-3 pm

Family Swim

3-6:30 pm

Group Swim Lessons

Pool closed

6:30-8 pm

Family Swim

Pool closes 8 pm

## FRIDAY

Pool opens 6 am

6 am-10:45 am

Adult Open Swim

10:45-11:30 am

Shake, Splash & Roll

Noon-1 pm

Arthritis Exercise

1-6 pm

Family Swim

Pool closes 6 pm

## SATURDAY

Pool opens 8 am

8 am-1 pm

Family Swim

Pool closes 1 pm