

JCC SQUIRREL HILL LARGE POOL

January 2 - May 31, 2022

SUNDAY

Pool opens 8 am

8-11 am

Masters
Open Lanes (3)

11 am-3 pm

Open Lap Swim

3-4 pm

Female Only Swim

4-5 pm

Male Only Swim

Closes 5 pm

MONDAY

Pool opens 6 am

6-10 am

Lap Swim
Register on MindBody

9-10 am

Aqua Fit
Open Lanes (4)

10 am-4 pm

Open lap swim

4-5 pm

Sailfish Swim Teams

Pool closed

5-6 pm

Sailfish Swim Teams
Open Lanes (3)
Register on MindBody

6-8 pm

Lap Swim
Register on MindBody

Pool closes 8 pm

TUESDAY

Pool opens 6 am

6-10 am

Lap Swim
Register on MindBody

10 am-4 pm

Open Lap Swim

4-6 pm

Sailfish Swim Teams
Open Lanes (3)
Register on MindBody

6-7 pm

Lap Swim
Register on MindBody

7-8 pm

Masters
Open Lanes (3)
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 (4)

10 am-4 pm

Open lap swim

4-5 pm

Squirrel Hill Swim Team

Pool Closed

5-8 pm

Sailfish Swim Teams
Open Lanes (3)
Register on MindBody

Pool closes 8 pm

THURSDAY

Pool opens 6 am

6-10 am

Lap Swim
Register on MindBody

10 am-4 pm

Open Lap Swim

4-6 pm

Lap Swim
Register on MindBody

6-8 pm

Sailfish Swim Teams
Open Lanes (3)
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 (4)

10 am-4 pm

Open lap swim

4-6 pm

Sailfish Swim Teams
Open Lanes (3)
Register on MindBody

Pool closes 6 pm

SATURDAY

Pool opens 8 am

8 am-5 pm

Open Lap Swim

Pool closes 5 pm

JCC SQUIRREL HILL SMALL POOL

January 2 - May 31, 2022

SUNDAY

Pool opens 8 am

8-9 am
Adult Open Swim

9 am-1 pm
Group Swim Lessons
Pool closed

1-3 pm
Family Swim

3-4 pm
Female Only Swim

4-5 pm
Male Only Swim

Pool closes 5 pm

MONDAY

Pool opens 6 am

6 am-11 am
Adult Open Swim

11-11:45 am
Shake, Splash & Roll

Noon-1 pm
Arthritis Exercise

1-8 pm
Family Swim

Pool closes 8 pm

TUESDAY

Pool opens 6 am

6-8 am
Adult Open Swim

8-9 am
Aqua Walkout

10-11 am
ECDC Group Swim

11-11:45 am
Shake, Splash & Roll

Noon-3 pm
Family Swim

4-6:30 pm
Group Swim Lessons
Pool closed

6:30-8 pm
Family Swim

Pool closes 8 pm

WEDNESDAY

Pool opens 6 am

6 am-10 am
Adult Open Swim

10-11 am
ECDC Group Swim

11-11:45 am
Shake, Splash & Roll

Noon-1 pm
Arthritis Exercise

1-8 pm
Family Swim

Pool closes 8 pm

THURSDAY

Pool opens 6 am

6-8 am
Adult Open Swim

8-9 am
Aqua Walkout

10-11 am
ECDC Group Swim

11-11:45 am
Shake, Splash & Roll

Noon-3 pm
Family Swim

4-6:30 pm
Group Swim Lessons
Pool closed

6:30-8 pm
Family Swim

Pool closes 8 pm

FRIDAY

Pool opens 6 am

6 am-11 am
Adult Open Swim

11-11:45 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-5 pm
Family Swim

Pool closes 5 pm