

# JCC SQUIRREL HILL LARGE POOL

# September 6 - December 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

**9-9:45 am**

Aqua Fit  
Open Lanes (4)

**10 am-4 pm**

Open Lap Swim

**4-5 pm**

Sailfish Swim Teams

**Pool closed**

**5-8 pm**

Sailfish Swim Teams  
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

**4-7 pm**

Sailfish Swim Teams  
Register on MindBody

**7-8 pm**

Masters  
Lap Swim  
Register on MindBody

**Pool closes 8 pm**

## WEDNESDAY

**Pool opens 6 am**

**6-10 am**

Lap Swim  
Register on MindBody

**9-9:45 am**

Aqua Fit  
Open Lanes (4)

**10 am-4 pm**

Open lap swim

**4-5 pm**

Sailfish Swim Team

**Pool Closed**

**5-8 pm**

Sailfish Swim Teams  
Lap Swim  
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

**4-8 pm**

Sailfish Swim Teams  
Lap Swim  
Register on MindBody

**Pool closes 8 pm**

## FRIDAY

**Pool opens 6 am**

**6-10 am**

Lap Swim  
Register on MindBody

**9-9:45 am**

Aqua Fit  
Open Lanes (4)

**10 am-4 pm**

Open lap swim

**4-6 pm**

Sailfish Swim Teams  
Lap Swim  
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

# September 6 - December 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**

**6-10 am**

Adult Open Swim

**10-11 am**

ECDC Group Swim

**11-11:45 am**

Shake, Splash & Roll

**12-12:45 pm**

Arthritis Exercise

**1-8 pm**

Family Swim

**Pool closes 8 pm**

## TUESDAY

**Pool opens 6 am**

**6-8 am**

Adult Open Swim

**9-9:45 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**

**6-10 am**

Adult Open Swim

**10-11 am**

ECDC Group Swim

**11-11:45 am**

Shake, Splash & Roll

**12-12:45 pm**

Arthritis Exercise

**1-8 pm**

Family Swim

**Pool closes 8 pm**

## THURSDAY

**Pool opens 6 am**

**6-8 am**

Adult Open Swim

**9-9:45 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**

**6-11 am**

Adult Open Swim

**11-11:45 am**

Shake, Splash & Roll

**12-12:45 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**