

# JCC SQUIRREL HILL LARGE POOL

January 1 - April 30, 2023

## SUNDAY

Pool opens 8 am

**8-11 am**

Masters  
Open Lanes (3)

**11 am-3 pm**

Open Lap Swim (5)

**1:30-2:30 pm**

Special Olympics (2)  
Open Lanes (5)

**3-4 pm**

Female Only Swim

**4-5 pm**

Male Only Swim

Pool 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**

**5-6 pm**

Sailfish Swim Teams (4)

**5-9:30 pm**

Open Lap Swim

Pool closes 9:30 pm

## TUESDAY

Pool opens 6 am

**6-10 am**

Lap Swim  
Register on MindBody

**10 am-8:30 pm**

Open Lap Swim

**4-7 pm**

Sailfish Swim Teams (4)

**7-8:30 pm**

Masters (4)

**8:30-9:30 pm**

Male Only Swim

Pool closes 9:30 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**

**5-6:30 pm**

Sailfish Swim Team (4)

**5-9:30 pm**

Open Lap Swim

Pool closes 9:30 pm

## THURSDAY

Pool opens 6 am

**6-10 am**

Lap Swim  
Register on MindBody

**10 am-8:30 pm**

Open Lap Swim

**6-8:30 pm**

Sailfish Swim Teams (4)

**8:30-9:30 pm**

Female Only Swim

Pool closes 9:30 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-6 pm**

Open lap swim

**4-6 pm**

Sailfish Swim Teams (4)

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 1 - April 30, 2023

## 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

1-9:30 pm  
Family Swim

Pool closes 9:30 pm

## TUESDAY

Pool opens 6 am

6-8 am  
Adult Open Swim

8-8:45 am  
Aqua Walkout

9-9:45 am  
Aqua Flow

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**

6:30-8:30 pm  
Family Swim

8:30-9:30 pm  
Male Only Swim

Pool closes 9:30 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

1-7:30 pm  
Family Swim

7:30-8:15 pm  
Aqua Strength

8:15-9:30 pm  
Adult Open Swim

Pool closes 9:30 pm

## THURSDAY

Pool opens 6 am

6-8 am  
Adult Open Swim

8-8:45 am  
Aqua Walkout

9-9:45 am  
Aqua Flow

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**

6:30-8:30 pm  
Family Swim

8:30-9:30 pm  
Female Only Swim

Pool closes 9:30 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

Private lessons share the pool during open swim times.

**Interested in private lessons?**  
**Click the QR code to set up an appointment.**

