

JCC South Hills Swim Schedule

January 1-April 30, 2023

SUNDAY

8 am-1 pm
Open Lap Swim

8:30 am-1 pm
Group Lessons
Shallow End Reserved
Open Lanes (4)

Pool Closes 1 pm

1-3 pm
Family Swim
No Lap Swimming

MONDAY

6 am-12 pm
Open Lap Swim

12-12:45 pm
Aqua Aerobics
Open Lanes (2)

1-7 pm
Open Lap Swim

Pool Closes 7 pm

TUESDAY

6 am-12 pm
Open Lap Swim

12-12:45 pm
Arthritis Exercise
Open Lanes (2)

1-7 pm
Open Lap Swim

2-4:30 pm
ECDC Group Lessons
Open Lanes (4)

5-6 pm
Group Lessons
Open Lanes (4)

6-7 pm
Swim Team
Open Lanes (2)

Pool Closes 7 pm

WEDNESDAY

6 am-12 pm
Open Lap Swim

12-12:45 pm
Aqua Flow
Open Lanes (2)

1-7 pm
Open Lap Swim

Pool Closes 7 pm

THURSDAY

6 am-12 pm
Open Lap Swim

9:30-11:30 am
ECDC Swim
**No stair use,
ladder only**
Open Lanes (4)

12-12:45 pm
Arthritis Exercise
Open Lanes (2)

1-7 pm
Open Lap Swim

5-6 pm
Group Lessons
Open Lanes (4)

6-7 pm
Swim Team
Open Lanes (2)

Pool Closes 7 pm

FRIDAY

6 am-12 pm
Open Lap Swim

12-12:45 pm
Aqua Aerobics
Open Lanes (2)

1-6 pm
Open Lap Swim

Pool Closes 6 pm

SATURDAY

8 am-1 pm
Open Lap Swim

Pool Closes 1 pm