

JCC South Hills Summer Swim Schedule



June 19-August 20, 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|---|---|
| 8 am-1 pm Open Lap Swim Open Lap Lanes (4) | 6 am-9 am Open Lap Swim Open Lanes (4) | 6 am-9 am Open Lap Swim Open Lap Lanes (4) | 6 am-9 am Open Lap Swim Open Lap Lanes (4) | 6 am-9 am Open Lap Swim Open Lap Lanes (4) | 6 am-9 am Open Lap Swim Open Lap Lanes (4) | 8 am-1 am Open Lap Swim Open Lap Lanes (4) |
| 8 am-1 pm Group Lessons Shallow End Reserved Open Lanes (4) | 9-11:30 am ECDC/Camp Swim Open Lanes (2) | 9-11:30 am ECDC/Camp Swim Open Lanes (2) | 9-11:30 am ECDC/Camp Swim Open Lanes (2) | 9-11:30 am ECDC/Camp Swim Open Lanes (2) | 9-11:30 am ECDC/Camp Swim Open Lanes (2) | Pool Closes at 1 pm |
| Pool Closes at 1 pm | 11:30 am-12:15 pm Camp Only Pool Closed | 11:30 am-12:15 pm Camp Only Pool Closed | 11:30 am-12:15 pm Camp Only Pool Closed | 11:30 am-12:15 pm Camp Only Pool Closed | 11:30 am-12:15 pm Camp Only Pool Closed | |
| | 12:15-1 pm Aqua Fit No Lap Swim | 12:15-1 pm Arthritis Exercise No Lap Swim | 12:15-1 pm Shake, Splash and Roll No Lap Swim | 12:15-1 pm Arthritis Exercise No Open Lanes | 12:15-1 pm Aqua Fit No Open Lanes | |
| | 1-7 pm Open Lap Swim Open Lap Lanes (4) | 1-4 pm Open Lap Swim Open Lap Lanes (4) | 1-7 pm Open Lap Swim Open Lanes (4) | 1-4 pm Open Lap Swim Open Lanes (4) | 1-6 pm Open Lap Swim Open Lanes (4) | |
| | | 4-4:30 pm Camp Swim Shallow End Open Lap Lanes (4) | Pool Closes at 7 pm | 4-4:30 pm Camp Swim Shallow End Open Lap Lanes (4) | Pool Closes at 6 pm | |
| | | 4:30-7 pm Open Lap Swim Open Lanes (4) | | 4:30-7 pm Open Lap Swim Open Lanes (4) | | |
| | | Pool Closes at 7 pm | | Pool Closes at 7 pm | | |

Aqua Fit:
 High intensity aerobic exercise which uses the water's natural resistance to build strength and endurance.

Shake, Splash and Roll:
 Bursts of full body aerobic exercise combined with strength, flexibility, and balance exercise.

Arthritis exercise:
 Gentle stretching and movement exercise to improve range of motion and relieve arthritis symptoms.

Private Lessons Available

Register here