

JCC South Hills Swim Schedule

May 1-June 18, 2023

SUNDAY

8 am-1 pm
Open Lap Swim

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

Pool Closes 1 pm

MONDAY

6 am-12 pm
Open Lap Swim

12-12:45 pm
Aqua Fit
No Open Lanes

1-7 pm
Open Lap Swim

Pool Closes 7 pm

TUESDAY

6 am-12 pm
Open Lap Swim

10-11 am
ECDC Group Lessons
Open Lanes (4)

12-12:45 pm
Arthritis Exercise
No Open Lanes

1-7 pm
Open Lap Swim

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

5-6 pm
Group Lessons
Open Lanes (4)

Pool Closes 7 pm

WEDNESDAY

6 am-12 pm
Open Lap Swim

12-12:45 pm
Shake, Splash and Roll
No Open Lanes

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
No Open Lanes

1-7 pm
Open Lap Swim

5-6 pm
Group Lessons
Open Lanes (4)

Pool Closes 7 pm

FRIDAY

6 am-12 pm
Open Lap Swim

12-12:45 pm
Aqua Fit
No Open Lanes

1-6 pm
Open Lap Swim

Pool Closes 6 pm

SATURDAY

8 am-1 pm
Open Lap Swim

Pool Closes 1 pm

CLASS DESCRIPTIONS

Aqua Aerobics;

High Intensity aerobic exercise featuring plyometrics and resistance equipment.

Aqua Arthritis:

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

Shake, Splash and Roll:

Bursts of full body aerobic exercise combined with strength, flexibility, and balance exercise.

For more information: Sarah Grimm, sgrimm@jccpgh.org