

JCC SQUIRREL HILL LARGE POOL

May 1 - May 19, 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

6-9 am

Open Lap Swim

9-9:45 am

Aqua Fit
Open Lanes (4)

10 am-4 pm

Open Lap Swim

4-5 pm

Sailfish Swim Teams

Pool closed

5-6:15 pm

Sailfish Swim Teams (4)

5-9:30 pm

Open Lap Swim

Pool closes 9:30 pm

TUESDAY

Pool opens 6 am

6 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

6-9 am

Open Lap Swim

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 Team (4)

5-9:30 pm

Open Lap Swim

Pool closes 9:30 pm

THURSDAY

Pool opens 6 am

6 am-8:30 pm

Open Lap Swim

5-8:30 pm

Sailfish Swim Teams (4)

8:30-9:30 pm

Female Only Swim

Pool closes 9:30 pm

FRIDAY

Pool opens 6 am

6-9 am

Lap Swim

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

May 1 - May 19, 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 and Family swim times.

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

