

JCC SQUIRREL HILL LARGE POOL

May 21 - June 17, 2023

SUNDAY

Pool opens 8 am

8-3 am

Open Lap Swim

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 (5)

10 am-9:30 pm

Open Lap Swim

Pool closes 9:30 pm

TUESDAY

Pool opens 6 am

6 am-8:30 pm

Open Lap Swim

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 (5)

10 am-9:30 pm

Open lap swim

Pool closes 9:30 pm

THURSDAY

Pool opens 6 am

6 am-8:30 pm

Open Lap Swim

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 (5)

10 am-6 pm

Open lap swim

Pool closes 6 pm

SATURDAY

Pool opens 8 am

8 am-5 pm

Open Lap 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.



Aqua Aerobics:

AQUA WALKOUT: Enjoy gentle, slow movements in the warm water. General directions and easy range of motion.

ARTHRITIS: Gentle movements to increase joint flexibility and range of motion.

AQUA FLOW: Focus on balance and coordination with yoga adaptations and light stretching.

SHAKE, SPLASH, & ROLL: Bursts of full body aerobic exercise combined with strength, flexibility, and balance exercises.

AQUA STRENGTH: Circuit training to increase stability and overall strength. A total body workout for all ages.

AQUA FIT: High intensity aerobic exercise featuring plyometrics and resistance equipment.

Schedule questions? Please contact Anna Barbins · abarbins@jccpggh.org

JCC SQUIRREL HILL SMALL POOL

May 21 - June 17, 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-4 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-4 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

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