

JCC South Hills Swim Schedule

October 1-December 30, 2023

SUNDAY

8 am-1 pm
Open Lap Swim

8:30 am-1 pm
Group Lessons
Shallow End Reserved

Open Lanes (4)

1-3 pm
Family Swim
No Lap Swimming

Pool Closes 3 pm

MONDAY

6 am-12 pm
Open Lap Swim

12-12:45 pm
Aqua Fit
No Open Lanes

1-6 pm
Open Lap Swim
Open Lanes (4)

6-7 pm
Aqua HIIT
Open Lanes (3)

7-8 pm
Open Lap Swim
Open Lanes (4)

Pool Closes 8 pm

TUESDAY

6 am-12 pm
Open Lap Swim

12-12:45 pm
Aqua Arthritis*
No Open Lanes

1-6 pm
Open Lap Swim

3-5 pm
ECDC Group Lessons
Open Lanes (4)

5-6 pm
Group Lessons
Open Lanes (4)

6-7 pm
South Hills Swim Team
Open Lanes (2)

7-8 pm
Open Lap Swim
Open Lanes (4)

Pool Closes 8 pm

WEDNESDAY

6 am-11 am
Open Lap Swim

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

11-11:45 am
Aqua Chi
Open Lanes (3)

12-12:45 pm
Aqua Fit
No Open Lanes

1-8 pm
Open Lap Swim
Open Lanes (4)

Pool Closes 8 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
Aqua Arthritis*
No Open Lanes

1-5 pm
Open Lap Swim
Open Lanes (4)

5-6 pm
Group Lessons
Open Lanes (4)

6-7 pm
South Hills Swim Team
Open Lanes (2)

7-7:30 pm
Intermediate Aquadult
Open Lanes (3)

7:30-8 pm
Open Lap Swim
Open Lanes (4)

Pool Closes 8 pm

FRIDAY

6 am-11 am
Open Lap Swim

11-11:45 am
Aqua Walkout
Open Lanes (3)

12-12:45 pm
Aqua Fit
No Open Lanes

1-6 pm
Open Lap Swim
Open Lanes (4)

Pool Closes 6 pm

SATURDAY

8 am-3 pm
Open Lap Swim

Pool Closes 3 pm

***AQUA ARTHRITIS IS INCLUDED FOR AGEWELL MEMBERS**

PLEASE REGISTER ON "JCC PITTSBURGH" APP FOR CLASSES

Class Descriptions

Aqua Fit

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

Aqua HIIT

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

Aqua Arthritis*

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

Aqua Chi

A graceful class that improves blood circulation, relaxes tension, corrects posture, and provides a sense of active relaxation.
Intensity- Light

Aqua Walkout

A low-impact, light-intensity workout using the natural muscle resistance of the water to strengthen muscles, and increase balance, coordination and flexibility.

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