

JCC South Hills Swim Schedule

January 2-May 31, 2024

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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

6 AM-11 AM
Open Lap Swim

11-11:45 AM
Aqua Walkout
Open Lanes (2)

12-12:45 PM
Aqua Jog
No Open Lanes

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

6-6:45 PM
Aqua HIIT
Open Lanes (3)

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

POOL CLOSES 8 PM

6 AM-11:30 AM
Open Lap Swim

11:30 AM-12:15 PM
Aqua Fit
Open Lanes (2)

12:15-1 PM
Aqua Arthritis*
No Open Lanes

1-6 PM
Open Lap Swim

3-4 PM
ECDC Group Lessons
Open Lanes (4)

5-6 PM
Group Lessons
Open Lanes (4)

6-6:45 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

6 AM-11 AM
Open Lap Swim

9:30-11 AM
ECDC Group Lessons
Open Lanes (4)

11-11:45 AM
Aqua Chi
Open Lanes (2)

12-12:45 PM
Aqua Fit
No Open Lanes

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

POOL CLOSES 8 PM

6 AM-11:30 AM
Open Lap Swim

9:30-11:30 AM
ECDC Swim
No stair use, ladder only
Open Lanes (4)

11:30 AM-12:15 PM
Aqua HIIT
Open Lanes (2)

12:15-1 PM
Aqua Arthritis*
No Open Lanes

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

3-4 PM
ECDC Lessons
Open Lanes (4)

5-6 PM
Group Lessons
Open Lanes (4)

6-6:45 PM
South Hills Swim Team
Open Lanes (2)

7-7:45 PM
Aqua Combo
Open Lanes (3)

7:45-8 PM
Open Lap Swim
Open Lanes (4)

POOL CLOSES 8 PM

6 AM-11 AM
Open Lap Swim

11-11:45 AM
Aqua Walkout
Open Lanes (2)

12-12:45 PM
Aqua Fit
No Open Lanes

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

POOL CLOSES 6 PM

8 AM-3 PM
Open Lap Swim

POOL CLOSES 3 PM

**All Aqua
Aerobics
classes are
included with
a Fitness Plus
membership
OR \$5/CLASS**

***Aqua Arthritis
is included
for Agewell
members**

**Please register
on the "JCC
Pittsburgh"
app for classes**

Class Descriptions

Aqua Arthritis*

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

Aqua Chi

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

Aqua Fit

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

Aqua Combo

A high-intensity aerobic exercise class which uses both deep and shallow water. Equipment is incorporated to build strength and endurance.

Aqua HIIT

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

Aqua Jog

A no-impact, challenging, cardiovascular workout that is beneficial for toning and abdominal strength. This is a deep water class. You MUST be able to float!.

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.

***AQUA ARTHRITIS IS INCLUDED FOR AGEWELL MEMBERS PLEASE REGISTER ON THE "JCC PITTSBURGH" APP.**