

JCC SQUIRREL HILL LARGE POOL

January -May 2024

SUNDAY

Pool opens 8 am

8-11 am

Sailfish Swim Team (4)

11 am-3 pm

Lap Swim

1:30-2:30

JG Masters Swim

3-4 pm

Female Only Swim

4-5 pm

Male Only Swim

Pool closes 5 pm

() Denotes
number of
lanes in use for
programming

MONDAY

Pool opens 6 am

6-10 am

Lap Swim

9-9:45 am

Aqua Fit* (3)

10 am-4 pm

Lap Swim

4-5 pm

Sailfish Swim Teams

Pool closed

5-8 pm

Sailfish Swim Teams (4)

8-9:30 pm

Lap Swim

Pool closes 9:30 pm

TUESDAY

Pool opens 6 am

6-11:30 pm

Lap Swim

11:30 am-12:30 pm

JG Masters Swim (3)

12:30-5 pm

Lap Swim

5-8:30 pm

Sailfish Swim Teams (4)

8:30-9:30 pm

Male Only Swim

Pool closes 9:30 pm

WEDNESDAY

Pool opens 6 am

6-10 am

Lap Swim

9-9:45 am

Aqua Fit* (3)

10 am-11:30 pm

Open lap swim

11:30 am-12:30 pm

JG Masters Swim (3)

11:30-4 pm

Lap Swim

4-5 pm

Sailfish Swim Team

Pool Closed

5-8 pm

Sailfish Swim Team (4)

8-9:30 pm

Open Lap Swim

Pool closes 9:30 pm

THURSDAY

Pool opens 6 am

6-11:30 pm

Lap Swim

11:30 am-12:30 pm

JG Master Swim (3)

12:30-5 pm

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

6-10 am

Lap Swim

9-9:45 am

Aqua Fit* (3)

10 am-6 pm

Open lap swim

4-6 pm

Sailfish Swim Teams (4)

Pool closes 6 pm

SATURDAY

Pool opens 8 am

10-11 am

Special Olympics (2)

8 am-5 pm

Open Lap Swim

Pool closes 5 pm

* \$5/class or
included with
Centerfit
Platinum
membership
Please register
on JCC Pittsburgh
app.

JCC SQUIRREL HILL SMALL POOL

January-May 2024

SUNDAY

Pool opens 8 am

8-9 am
Adult Open Swim

9 am-12:30 pm
Group Swim Lessons
Pool closed

12:30-3 pm
Family Swim

3-4 pm
Female Only Swim

4-5 pm
Male Only 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.



MONDAY

Pool opens 6 am

6-10 am
Adult Open Swim

10-11 am
ECDC Group Swim

11-11:45 am
Shake & Splash

12-12:45 pm
Arthritis Exercise

1-9:30 pm
Family Swim

2:15-2:45
Group Swim Lessons

Pool closes 9:30 pm

*** \$5/class or included with Centerfit Platinum membership. Please register on the JCC Pittsburgh app.**

TUESDAY

Pool opens 6 am

6-8 am
Adult Open Swim

8-8:45 am
Water Walking

9-9:45 am
Aqua Flow*

9:45-10:45 am
ECDC Group Swim

11-11:45 am
Shake & Splash

Noon-4 pm
Family Swim

4-7:30 pm
Group Swim Lessons
Pool closed

7:30-8:30 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

12-12:45 pm
Arthritis Exercise

1-9:30 pm
Family Swim

2:15-2:45
Group Swim Lessons

4-5 pm
Gesher Swim

Pool closes 9:30 pm

THURSDAY

Pool opens 6 am

6-8 am
Adult Open Swim

8-8:45 am
Water Walking

9-9:45 am
Aqua Chi*

9:45-10:45 am
ECDC Group Swim

11-11:45 am
Shake & Splash

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

12-12:45 pm
Arthritis Exercise

1-6 pm
Family Swim

4-5 pm
Gesher Swim

Pool closes 6 pm

SATURDAY

Pool opens 8 am

8 am-5 pm
Family Swim

Pool closes 5 pm

Birthday Parties share the pool occasionally from 1:30 to 2:30 PM on weekends.