

JCC South Hills Swim Schedule

Sept.1-Dec. 31, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8 AM-1 PM Open Lap Swim Open Lanes (4)</p> <hr/> <p>9 AM-1 PM Group Lessons Shallow End Reserved Open Lanes (4)</p> <hr/> <p>1-3 PM Family Swim</p> <hr/> <p>POOL CLOSES 3 PM</p>	<p>6-11 AM Open Lap Swim</p> <hr/> <p>11-11:45 AM Aqua Jog Open Lanes (2)</p> <hr/> <p>12-12:45 PM Aqua Walkout Open Lanes (2)</p> <hr/> <p>1-5 PM Open Lap Swim Open Lanes (4)</p> <hr/> <p>6-7 PM Swim Team Open Lanes (2)</p> <hr/> <p>7-7:45 PM Aqua Fit Open Lanes (2)</p> <hr/> <p>POOL CLOSES 8 PM</p>	<p>6-11:30 AM Open Lap Swim</p> <hr/> <p>11:30 AM-12:15 PM Aqua Fit Open Lanes (2)</p> <hr/> <p>12:30-1:15 PM Aqua Arthritis* Open Lanes (2)</p> <hr/> <p>1-6 PM Open Lap Swim Open Lanes (4)</p> <hr/> <p>5-6 PM Group Lessons Open Lanes (4)</p> <hr/> <p>6-8 PM Open Lap Swim Open Lanes (4)</p> <hr/> <p>POOL CLOSES 8 PM</p>	<p>6-11 AM Open Lap Swim</p> <hr/> <p>9:30-11 AM ECDC Group Lessons Open Lanes (4)</p> <hr/> <p>11-11:45 AM Aqua Fit Open Lanes (2)</p> <hr/> <p>12-12:45 PM Aqua Chi Open Lanes (2)</p> <hr/> <p>3-4 PM ECDC Lessons Open Lanes (4)</p> <hr/> <p>5-6 PM Group Lessons Open Lanes (4)</p> <hr/> <p>6-7 PM Swim Team Open Lanes (2)</p> <hr/> <p>1-8 PM Open Lap Swim Open Lanes (4)</p> <hr/> <p>POOL CLOSES 8 PM</p>	<p>6-11:30 AM Open Lap Swim</p> <hr/> <p>9:30-11 AM ECDC Swim <i>No stair use, ladder only</i> Open Lanes (4)</p> <hr/> <p>11 AM-11:45 PM Aqua HIIT Open Lanes (2)</p> <hr/> <p>12-12:45 PM Aqua Arthritis* Open Lanes (2)</p> <hr/> <p>1-8 PM Open Lap Swim Open Lanes (4)</p> <hr/> <p>7-7:45 PM Aqua Fit Open Lanes (3)</p> <hr/> <p>POOL CLOSES 8 PM</p>	<p>6-11 AM Open Lap Swim</p> <hr/> <p>11-11:45 AM Aqua Fit Open Lanes (2)</p> <hr/> <p>12-12:45 PM Aqua Dance Open Lanes (2)</p> <hr/> <p>1-6 PM Open Lap Swim Open Lanes (4)</p> <hr/> <p>POOL CLOSES 6 PM</p>	<p>8 AM-3 PM Open Lap Swim Open Lanes (4) POOL CLOSES 3 PM</p>

*AQUA ARTHRITIS IS INCLUDED FOR AGEWELL MEMBERS

PLEASE REGISTER ON "JCC PITTSBURGH" APP FOR CLASSES

AQUATICS CLASSES \$5 PER CLASS OR FREE WITH FITNESS PLUS

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.

Upgrade Your Membership to Fitness Plus for \$35 per month

- Unlimited Aquatics classes**
- Unlimited DEKA classes**
- Unlimited Pickleball Open Play**
- Tai Chi**
- 10% off personal training packages**
- AND MORE!**

*Contact membership:
membershipsouthhills@jccpgh.org
412-339-5431*

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