

# JCC SQUIRREL HILL LARGE POOL

# September 15 - December 31, 2024

## SUNDAY

Pool opens 8 am

8-11 am

Sailfish Swim Team

Open Lanes 3

11 am-3 pm

Lap Swim

1:30-2:30

JG Masters Swim

Open Lanes 4

3-4 pm

Female Only Swim

4-5 pm

Male Only Swim

Pool closes 5 pm

## MONDAY

Pool opens 6 am

6-9 am

Lap Swim

9-9:45 am

Aqua Fit\*

Open Lanes 4

10 am-4 pm

Lap Swim

4-5 pm

Sailfish Swim Teams

Pool closed

5-6:15 pm

Swim Team

Open Lanes 3

6:15-9 pm

Sailfish Swim Team

Open Lanes 4

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

Open Lanes 4

12:30-5 pm

Lap Swim

5-8 pm

Sailfish Swim Teams

Open Lanes 3

8:30-9:30 pm

Male Only Swim

Pool closes 9:30 pm

## WEDNESDAY

Pool opens 6 am

6-9 am

Lap Swim

9-9:45 am

Aqua Fit\*

Open Lanes 4

10 am-4 pm

Lap Swim

4-5 pm

Sailfish Swim Teams

Pool closed

5-6:15 pm

Swim Team

Open Lanes 3

6:15-9 pm

Sailfish Swim Team

Open Lanes 4

Pool closes 9:30 pm

## THURSDAY

Pool opens 6 am

6-11:30 pm

Lap Swim

11:30 am-12:30 pm

JG Masters Swim

Open Lanes 4

12:30-5 pm

Lap Swim

5-8 pm

Sailfish Swim Teams

Open Lanes 3

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\*

Open Lanes 4

10 am-4 pm

Open lap swim

4-6 pm

Sailfish Swim Teams

Open Lanes 3

Pool closes 6 pm

## SATURDAY

Pool opens 8 am

10-11 am

Special Olympics

Open Lanes 5

8 am-5 pm

Open Lap Swim

Pool closes 5 pm

\* \$10/class or included with Centerfit Platinum membership Please register on JCC Pittsburgh app.

# JCC SQUIRREL HILL SMALL POOL

# September 15 - December 31, 2024

## SUNDAY

Pool opens 8 am

**8-9 am**  
Adult Open Swim

**9 am-12:30 pm**  
Group Swim Lessons

**12:30-3 pm**  
Family Swim

**3-4 pm**  
Female Only Swim  
**Pool closed**

**4-5 pm**  
Male Only Swim  
**Pool closed**

Pool closes 5 pm

\* \$10/class or included with Centerfit Platinum membership. Please register on the JCC Pittsburgh app.

## 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 pm**  
Group Swim Lessons

**3-4 pm**  
Gesher Swim

**6-6:30 pm**  
Group Lessons  
**Pool closed**

Pool closes 9:30 pm

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

## 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 closed**

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

**1-4 pm**  
Family Swim

**4-6:30 pm**  
Group Swim Lessons  
**Pool closed**

**6:30-9:30 pm**  
Family 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-8:30 pm**  
Family Swim

**8:30-9:30 pm**  
Female Only Swim  
**Pool closed**

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

Private lessons share the pool during Open and Family Swim times.  
**Interested in private lessons?**  
Click the QR code to set up an appointment.

