

# JCC South Hills Swim Schedule

Sept.1-Dec. 31, 2024

## SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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

9 AM-1 PM  
Group Lessons  
Shallow End Reserved  
Open Lanes (4)

1-3 PM  
Family Swim

POOL CLOSES 3 PM

6-11 AM  
Open Lap Swim

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

12-12:45 PM  
Aqua Walkout  
Open Lanes (2)

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

6-7 PM  
Swim Team  
Open Lanes (2)

7-7:45 PM  
Aqua Fit  
Open Lanes (2)

POOL CLOSES 8 PM

6-11:30 AM  
Open Lap Swim

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

12-12:45 PM  
Aqua Arthritis\*  
No open lanes

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

5-6 PM  
Group Lessons  
Open Lanes (4)

6-8 PM  
Open Lap Swim  
Open Lanes (4)

POOL CLOSES 8 PM

6-11 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

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

5-6 PM  
Group Lessons  
Open Lanes (4)

6-7 PM  
Swim Team  
Open Lanes (2)

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

POOL CLOSES 8 PM

6-11:30 AM  
Open Lap Swim

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

11 AM-11:45 PM  
Aqua HIIT  
Open Lanes (2)

12-12:45 PM  
Aqua Arthritis\*  
No open lanes

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

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

POOL CLOSES 8 PM

6-11 AM  
Open Lap Swim

11-11:45 AM  
Aqua Dance  
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  
Open Lanes (4)  
POOL CLOSES 3 PM

PLEASE REGISTER ON "JCC PITTSBURGH" APP FOR CLASSES

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

\*AQUA ARTHRITIS IS INCLUDED FOR AGEWELL MEMBERS

# 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 Dance**

A dynamic fitness class that combines dance's fluidity with water's resistance. Participants perform choreographed routines to music in the pool, enhancing cardiovascular health, muscle tone and flexibility, while enjoying a low-impact workout.

## **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](mailto:membershipsouthhills@jccpgh.org)  
412-339-5431

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