

JCC SQUIRREL HILL LARGE POOL

January 1 -April 30, 2025

SUNDAY

Pool opens 8 am

8-11 am
Sailfish Swim Team
Open Lanes 3

11 am-3 pm
Lap Swim

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 am-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 am-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

January 1 -April 30, 2025

SUNDAY

Pool opens 8 am

8-9 am
Adult Open Swim

9-11 am
Group Lessons
Pool closed

11-3 pm
Family Swim

3-4 pm
Female Only Swim

4-5 pm
Male Only Swim

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

1-5 pm
Family Swim

3-4 pm
Gesher Swim

5-7 pm
Group Lessons
Pool closed

7-9:30 pm
Family Swim

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 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

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 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.

