

JCC SQUIRREL HILL LARGE POOL

June 9 - August 31, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool opens 8 am	Pool opens 6 am	Pool opens 6 am	Pool opens 6 am	Pool opens 6 am	Pool opens 6 am	Pool opens 8 am
8 am-3 pm Open Lap Swim	6-9 am Open Lap Swim	6 am-8:30 pm Open Lap Swim	6-9 am Open Lap Swim	6 am-8:30 pm Open Lap Swim	6-9 am Lap Swim	8 am-5 pm Open Lap Swim
3-4 pm Female Only Swim	9-9:45 am Aqua Fit*	8:30-9:30 pm Male Only Swim	9-9:45 am Aqua Fit * Open Lanes (5)	8:30-9:30 pm Female Only Swim	9-9:45 am Aqua Fit* Open Lanes (5)	Pool closes 5 pm
4-5 pm Male Only Swim	10 am-9:30 pm Open Lap Swim	Pool closes 9:30 pm	10 am-9:30 pm Open lap swim	Pool closes 9:30 pm	10 am-6 pm Open lap swim	
Pool closes 5 pm	Pool closes 9:30 pm		Pool closes 9:30 pm		Pool closes 6 pm	

Aqua Aerobics:

AQUA WALKOUT: Enjoy gentle, slow movements in the warm water: general directions and easy range of motion.

ARTHRITIS: Gentle movements to increase joint flexibility and range of motion.

AQUA FLOW: Focus on balance and coordination with yoga adaptations and light stretching.

SHAKE, SPLASH, & ROLL: Bursts of full-body aerobic exercise combined with strength, flexibility, and balance exercises.

AQUA STRENGTH: Circuit training to increase stability and overall strength. A total body workout for all ages.

AQUA FIT: High-intensity aerobic exercise featuring plyometrics and resistance equipment.

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

Schedule questions? Please contact Alycia Miller • amiller@jccpgh.org

JCC SQUIRREL HILL SMALL POOL

June 9 - August 31, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool opens 8 am	Pool opens 6 am	Pool opens 6 am	Pool opens 6 am	Pool opens 6 am	Pool opens 6 am	Pool opens 8 am
8-9 am Adult Open Swim	6-10 am Adult Open Swim	6-8 am Adult Open Swim	6-11 am Adult Open Swim	6-8 am Adult Open Swim	6-11 am Adult Open Swim	8 am-5 pm Family Swim
9 am-1 pm Group Swim Lessons Pool closed	11-11:45 am Shake, Splash & Roll	8-8:45 am Aqua Walkout	11-11:45 am Shake, Splash & Roll	8-8:45 am Aqua Walkout	11-11:45 am Shake, Splash & Roll	Pool closes 5 pm
1-3 pm Family Swim	12-12:45 pm Arthritis Exercise	9-9:45 am Aqua Flow*	12-12:45 pm Arthritis Exercise	9-9:45 am Aqua Chi*	12-12:45 pm Arthritis Exercise	
3-4 pm Female Only Swim	1-9:30 pm Family Swim	10-11 am ECDC Group Swim	1-9:30 pm Family Swim	10-11 am ECDC Group Swim	1-6 pm Family Swim	
4-5 pm Male Only Swim	Pool closes 9:30 pm	11-11:45 am Shake, Splash & Roll	Pool closes 9:30 pm	11-11:45 am Shake, Splash & Roll	Pool closes 6 pm	
Pool closes 5 pm		Noon-8:30 pm Family Swim		Noon-8:30 pm Family Swim		
		8:30-9:30 pm Male Only Swim		8:30-9:30 pm Female Only Swim		
		Pool closes 9:30 pm		Pool closes 9:30 pm		

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