

JCC LARGE POOL SCHEDULE

MARCH-MAY 2018

All lanes open unless otherwise noted

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool opens 7:45 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 8 am
7:45-8:30 am Swim Teams Open Lanes (3)	9 -10 am Aqua Fit Open Lanes (4)		9 -10 am Aqua Fit Open Lanes (4)		9 -10 am Aqua Fit Open Lanes (4)	Holiday Hours Passover Friday, March 30: Close at 5 pm Saturday, March 31: Closed Sunday, April 1: Fitness Center open 8 am-6 pm Thursday, April 5: Close at 5 pm Friday, April 6: Closed Saturday, April 7: Fitness Center open 8 am-6 pm Shavuot Saturday, May 19: Close at 5 pm Sunday, May 20: Closed Monday, May 21: Partial Opening 5:30 am-10 pm ECDC, Fitness, J Cafe, Clubhouse Memorial Day, Monday May 28 Fitness Center open 8 am-2 pm Family Park open 11 am-7 pm For more information • Carla Likar, Aquatics Director clikar@jccpgh.org 412-339-5429
8:30-11:30 am Masters/Adults Open Lanes (3)		5-5:30 pm Special Olympics (2) Open Lanes (5)				
Noon-1:30 pm Group Swim Lessons Open Lanes (5)	4-5 PM Squirrel Hill Swim Team Pool Closed	5:30-6 pm Masters (3) Special Olympics (2) Open Lanes (1)	4-5 PM Squirrel Hill Swim Team Pool Closed		4-6 pm Sailfish Swim Teams Open Lanes (2)	
4-5 pm FEMALE ONLY SWIM	5-6 pm Sailfish Swim Teams Open Lanes (1)	6-6:30 pm Masters (4) Open Lanes (3)	5-6 pm Sailfish Swim Teams Open Lanes (1)	5-6:30 pm Sailfish Swim Teams Open Lanes (3)		
5-6 pm MALE ONLY SWIM	6-8 pm Sailfish Swim Teams Open Lanes (2)	6:30-8 pm Sailfish (4) Open Lanes (3)	6-8 pm Sailfish Swim Teams Open Lanes (3)	6-7 pm Group Swim Lessons Open Lanes (1)		
				6:30-8 pm Masters Group Swim Lessons Open Lanes (2)	Private swim lessons are sometimes scheduled during Open Swim times.	
		9-10 pm MALE ONLY SWIM	9-10 pm FEMALE ONLY SWIM			
Pool closes 6 pm	Pool closes 10 pm	Pool closes 10 pm	Pool closes 10 pm	Pool closes 10 pm	Pool closes 6 pm	Pool closes 6 pm

JCC SMALL POOL SCHEDULE

MARCH-MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool opens 7:45 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 5:30 am	Pool opens 8 am
		8-9 am Aqua Walkout		8-9 am Aqua Walkout		
9 am-12:30 pm Closed For Swim Lessons		9:25-10:15 am Early Childhood Group Swim		9:25-10:40 am Early Childhood Group Swim		Private swim lessons may use one-third of the small pool with lane ropes during open swim times.
	9:30-10:30 am Group Swim Lessons	10:15-10:45 am Group Swim Lessons	9:30-10:45 am Group Swim Lessons			
	10:45-11:30 am Shake, Splash & Roll	10:45-11:30 am SilverSplash	10:45-11:30 am Shake, Splash & Roll	10:45-11:30 am SilverSplash	10:45-11:30 am Shake, Splash & Roll	
	Noon-1 pm Arthritis Exercise	11:30-12:30 pm Group Swim Lessons	Noon-1 pm Arthritis Exercise	11:30 am-1 pm Group Swim Lessons	Noon-1 pm Arthritis Exercise	2-3 pm Occasional birthday parties
2-3 pm Occasional birthday parties			3-5 pm Group Swim Lessons (partial closing)	3-5 pm Group Swim Lessons (partial closing)		
4-5 pm FEMALE ONLY SWIM	4-6 pm Closed For Swim Lessons	4:30-5:15 pm Teen/Young Adult Center and Clubhouse	5-6:30 pm Closed For Swim Lessons	5-6:30 pm Closed For Swim Lessons	4:30-5:15 pm Teen/Young Adult Center	
5-6 pm MALE ONLY SWIM						For more information: 412-339-5429
		9-10 pm MALE ONLY SWIM	9-10 pm FEMALE ONLY SWIM			
Pool closes 6 pm	Pool closes 10 pm	Pool closes 10 pm	Pool closes 10 pm	Pool closes 10 pm	Pool closes 6 pm	Pool closes 6 pm