

Pinnacle Aquatic Schedule - Starts Sept. 5th 2017

Lap Pool Schedule				
Time	Class	Instructor	Length	Lap lanes open
Monday Private Training May Reserve One Lane During Open Swim				
5:00 - 6:00 AM	Open Swim			4
6:00 - 7:15 AM	\$ Masters	Greta		0
7:15 - 5:30 PM	Open Swim			4
5:30 - 6:20 PM	Open Swim	Warm Water Class uses one lane		3
6:30 - 10:30 PM	Open Swim			4
Tuesday Private Training May Reserve One Lane During Open Swim				
5 AM - 5:45 AM	Open Swim			4
5:45 - 7:00 AM	\$ Masters	Kevin	75	1
7:00 - 8:30 AM	Open Swim			4
8:30 - 9:45 AM	\$ Masters	Jerry	75	1
9:45 - 10:45 AM	Open Swim			4
10:45 - 11:35 AM	Open Swim	Warm Water Class uses up to two lanes		2
11:35 - 5:25 PM	Open Swim			4
5:25 - 5:30 PM	LANE REMOVAL			1
5:30 - 6:20 PM	Aqua Intervals	Nicole	50	1
6:20 - 6:30 PM	Set up for Masters			1
6:30 - 7:45 PM	\$ Masters	Nicole	75	1
7:45 - 10:30 PM	Open Swim			4
Wednesday Private Training May Reserve One Lane During Open Swim				
5 AM - 6:00 AM	Open Swim			4
6:00 - 7:15 AM	\$ Masters	Greta	75	0
7:15 - 8:10 AM	Open Swim			4
8:10 AM - 8:15 AM	LANE REMOVAL			1
8:15 - 9:15 AM	\$ Aqua Boot Camp	Heidi	60	1
9:15 - 9:20 PM	LANE RETURN			1
9:20 - 5:25 PM	Open Swim			4
5:30 - 6:30 PM	\$ Aqua Boot Camp Starts 10-4	Heidi	60	1
6:30 - 10:30 PM	Open Swim			4
Thursday Private Training May Reserve One Lane During Open Swim				
5 AM - 5:45 AM	Open Swim			4
5:45 - 7:00 AM	\$ Masters	Kevin	75	1
7:00 - 8:30 AM	Open Swim			4
8:30 - 9:45 AM	\$ Masters	Jerry	75	1
9:45 - 10:45 AM	Open Swim			4
10:45 - 11:35 AM	Open Swim	Warm Water Class uses up to two lanes		2
11:35 - 5:25 PM	Open Swim			4
5:25 - 5:30 PM	LANE REMOVAL			1
5:30 - 6:20 PM	Aqua Intervals	Nicole	50	1
6:20 - 6:30 PM	Set up for Masters			1
6:30 - 7:45 PM	\$ Masters	Nicole	75	1
7:45 - 10:30 PM	Open Swim			4
Friday Private Training May Reserve One Lane During Open Swim				
5 AM - 9:30 PM	Open Swim			4
Saturday Private Training May Reserve One Lane During Open Swim				
7 AM - 9:25 AM	Open Swim			4
9:25 - 10:30 AM	Open Swim	Warm Water Class uses two lanes		2
10:35 - 7:30 PM	Open Swim			4
Sunday Private Training May Reserve One Lane During Open Swim				
7 AM - 7:30 PM	Open Swim			4

Warm Water Pool Schedule				
Time	Class	Instructor	Length	
Monday				
5 AM - 1:00 PM	Open Swim			
1:00 - 2:00 PM	Fluid Joints	Nicole	60	
2:00 - 5:30 PM	Open Swim			
5:30 - 6:20 PM	Hi Lo H2O	Lynn	50	
6:20 - 10:30 PM	Open Swim			
Tuesday				
5 AM - 9:45 AM	Open Swim			
9:45 - 10:35 AM	Aqua Moves	Heidi/Cindy	50	
10:45 - 11:35 AM	Hi Lo H2O	Heidi	50	
11:35 - 4:30 PM	Open Swim			
4:30 - 5:20 PM	Hi Lo H2O	Nicole	50	
5:20 - 10:30 PM	Open Swim			
Wednesday				
5 AM - 10:45 AM	Open Swim			
10:45 - 11:30 AM	Aqua Flow	Heidi	45	
11:30 - 1:00 PM	Open Swim			
1:00 - 2:00 PM	Fluid Joints	Mary	60	
2:00 - 4:30 PM	Open Swim			
4:30 - 5:15 PM	Hi Lo H2O	Julie	45	
5:15 - 10:30 PM	Open Swim			
Thursday				
5 AM - 9:45 AM	Open Swim			
9:45 - 10:35 AM	Aqua Moves	Heidi	50	
10:45 - 11:35 AM	Hi Lo H2O	Heidi	50	
11:35 - 4:30 PM	Open Swim			
4:30 - 5:20 PM	Hi Lo H2O	Cindy	50	
5:20 - 10:30 PM	Open Swim			
Friday				
5 AM - 11:45am	Open Swim			
11:45a - 12:45pm	Fluid Moves	Jayme	60	
12:45 - 9:30 PM	Open Swim			
Saturday				
7 AM - 9:30AM	Open Swim			
9:30 - 10:30 AM	Hi Lo H2O	Jayme	60	
10:30 - 3:30 PM	Open Swim			
3:30 - 5:00 PM	\$ Family Swim	NO LIFEGUARD	90	
5:00 - 7:30 PM	Open Swim			
Sunday				
7 AM - 3:30 PM	Open Swim			
3:30 - 5:00 PM	\$ Family Swim	NO LIFEGUARD	90	
5:00 - 7:30 PM	Open Swim			
<p align="center"> \$ - These classes are fee based For class descriptions please go to our website at www.phfitness.com Aquatic Director Heidi Meyer-Spidell heidi@phfitness.com </p>				

Trainers may use a lane for personal training or swim lessons.