

# Lap Pool Class & Open Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am <b>Open Swim</b>	<b>Open Swim</b>	5:00-6:00am <b>Open Swim</b>	<b>Open Swim</b>			
6:00-7:15am <b>\$ Masters</b> No lap lanes available	5:30-6:45am <b>\$ Masters</b> No lap lanes available	6:00-7:15am <b>\$ Masters</b> No lap lanes available	5:30-6:45am <b>\$ Masters</b> No lap lanes available			
	6:45-8:30am <b>Open Swim</b>		6:45-8:30am <b>Open Swim</b>		6:00-9:30am <b>Open Swim</b>	
	8:30-9:45am <b>\$ Masters</b> uses 3 lanes		8:30-9:45am <b>\$ Masters</b> uses 3 lanes		9:30-10:30am <b>Open Swim</b> 2 lanes	
	9:45-10:45am <b>Open Swim</b>		9:45-10:45am <b>Open Swim</b>		warm water class uses 2 lanes	
	10:45-11:35am <b>Open Swim</b> 2 lanes		10:45-11:35am <b>Open Swim</b> 2 lanes			
7:15am-5:30pm <b>Open Swim</b>		7:15am-10:30pm <b>Open Swim</b>		5:00am-9:30pm <b>Open Swim</b>		6:00am-7:30pm <b>Open Swim</b>
	11:35am-5:25pm <b>Open Swim</b>		11:35am-5:25pm <b>Open Swim</b>		10:35am-7:30pm <b>Open Swim</b>	
5:30-6:20pm <b>Open Swim</b> 3 lanes	5:25-6:20pm <b>Aqua Intervals</b> uses 3 lanes		5:25-6:20pm <b>Aqua Intervals</b> uses 3 lanes			
warm water class uses 1 lane	6:30-7:45pm <b>\$ Masters</b> uses 3 lanes		6:30-7:45pm <b>\$ Masters</b> uses 3 lanes			
	7:45-10:30pm <b>Open Swim</b>		7:45-10:30pm <b>Open Swim</b>			
6:20-10:30pm <b>Open Swim</b>						

Trainers may reserve one lane for lessons or personal training during Open Swim when no other programs are using the lap pool. Questions? Email [cynthia@phfitness.com](mailto:cynthia@phfitness.com)