

Pinnacle Aquatics Schedule

Lap Pool Schedule					Warm Water Pool Schedule			
Time	Class	Instructor	Length	Lanes open	Time	Class	Instructor	Length
Monday Private Training May Reserve One Lane During Open Swim					Monday			
5:00 - 6:00 AM	Open Swim			4	5 AM - 1:00 PM	Open Swim		
6:00 - 7:15 AM	\$ Masters	Cynthia	75	0	1:00 - 2:00 PM	Fluid Joints	Heidi	60
7:15 AM - 5:30 PM	Open Swim			4	2:00 - 5:30 PM	Open Swim		
5:30 - 6:20 PM	Open Swim* (*Warm water class uses one lane*)		50	3	5:30 - 6:20 PM	Hi Lo H2O	Lynn	50
6:25 - 10:30 PM	Open Swim			4	6:20 - 10:30 PM	Open Swim		
Tuesday Private Training May Reserve One Lane During Open Swim					Tuesday			
5:00 AM - 5:30 AM	Open Swim			4	5 AM - 9:45 AM	Open Swim		
5:30 - 6:45 AM	\$ Masters	Kevin	75	0	9:45 - 10:35 AM	Aqua Moves	Heidi	50
6:45 - 8:30 AM	Open Swim			4	10:45 - 11:35 AM	Hi Lo H2O	Heidi	50
8:30 - 9:45 AM	\$ Masters	Jerry	75	1	11:35 - 4:30 PM	Open Swim		
9:45 - 10:45 AM	Open Swim			4	4:30 - 5:20 PM	Hi Lo H2O	Heidi	50
10:45 - 11:35 AM	Open Swim* (*Warm water class uses up to two lanes*)		50	2	5:20 - 10:30 PM	Open Swim		
11:40 AM - 5:25 PM	Open Swim			4				
5:30 - 6:20 PM	Aqua Intervals	Heidi	50	1				
6:30 - 7:45 PM	\$ Masters	Cynthia		0				
7:45 - 10:30 PM	Open Swim			4				
Wednesday Private Training May Reserve One Lane During Open Swim					Wednesday			
5:00 AM - 6:00 AM	Open Swim			4	5 AM - 10:45 AM	Open Swim		
6:00 - 7:15 AM	\$ Masters	Cynthia	75	0	10:45 - 11:30 AM	Aqua Moves	Heidi	45
7:15 AM - 10:30 PM	Open Swim			4	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 - 5:20 PM	Hi Lo H2O	Cindy	50
					5:20 - 10:30 PM	Open Swim		
Thursday Private Training May Reserve One Lane During Open Swim					Thursday			
5:00 AM - 5:30 AM	Open Swim			4	5 AM - 9:45 AM	Open Swim		
5:30 - 6:45 AM	\$ Masters	Kevin	75	0	9:45 - 10:35 AM	Aqua Moves	Lisa	50
6:45 - 8:30 AM	Open Swim			4	10:45 - 11:35 AM	Hi Lo H2O	Lisa	50
8:30 - 9:45 AM	\$ Masters	Jerry	75	1	11:35 - 4:30 PM	Open Swim		
9:45 - 10:45 AM	Open Swim			4	4:30 - 5:20 PM	Hi Lo H2O	Heidi	50
10:45 - 11:35 AM	Open Swim* (*Warm water class uses up to two lanes*)		50	2	5:20 - 10:30 PM	Open Swim		
11:35 AM - 5:20 PM	Open Swim			4				
5:25 - 6:20 PM	Aqua Intervals	Heidi	50	1				
6:30 - 7:45 PM	\$ Masters	Cynthia		0				
7:45 - 10:30 PM	Open Swim			4				
Friday Private Training May Reserve One Lane During Open Swim					Friday			
5:00 AM - 9:30 PM	Open Swim				5 AM - 11:45am	Open Swim		
					11:45a - 12:45pm	Fluid Moves	Jayne	60
					12:45 - 9:30 PM	Open Swim		
Saturday Private Training May Reserve One Lane During Open Swim					Saturday			
6:00 AM - 9:30 AM	Open Swim			4	6 AM - 9:30AM	Open Swim		
9:30 - 10:30 AM	Open Swim* (*Warm water class uses up to two lanes*)	Rotation		2	9:30 - 10:20 AM	Hi Lo H2O	Whitney	50
10:35 - 7:30 PM	Open Swim			4	10:20 AM - 3:30 PM	Open Swim		
					3:30 - 5:00 PM	\$ Family Swim	NO LIFEGUARD	90
					5:00 - 7:30 PM	Open Swim		
Sunday Private Training May Reserve One Lane During Open Swim					Sunday			
6:00 AM - 7:00 AM	Open Swim			4	6 AM - 3:30 PM	Open Swim		
7:00 - 8:00 AM	Triathlon Training 2	Dale/Andrew	60	0	3:30 - 5:00 PM	\$ Family Swim	NO LIFEGUARD	90
8:00 - 10:00 AM	Open Swim			4	5:00 - 7:30 PM	Open Swim		
10:00 - 11:00 AM	Triathlon Training 1	Cynthia/Jayne/Lynn	60	1				
11:00 AM - 7:30 PM	Open Swim			4				

\$ - These classes are fee based ♦ For class descriptions please visit www.phfitness.com
Questions? Contact cynthia@phfitness.com or whitney.sharp@phfitness.com