

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 - 12:00 PM	Open Swim			4	2:00 - 5:30 PM	Open Swim		
12:00 PM - 1:00 PM	\$ Masters	Cynthia	60	0	5:30 - 6:20 PM	Hi Lo H2O	Lynn	50
1:00 PM - 5:30 PM	Open Swim			4	6:20 - 10:30 PM	Open Swim		
5:30 - 6:20 PM	Open Swim* (*Class uses 1 lane*)		50	3	Tuesday			
6:25 - 10:30 PM	Open Swim			4	5 AM - 9:00 AM	Open Swim		
Tuesday Private Training May Reserve One Lane During Open Swim					9:00 - 9:50 AM	Aqua Moves	Heidi	50
5:00 AM - 5:30 AM	Open Swim			4	10:00 - 10:50 AM	Hi Lo H2O	Heidi	50
5:30 - 6:45 AM	\$ Masters	Brandon	75	0	10:50 - 4:30 PM	Open Swim		
6:45 - 10:00 AM	Open Swim			4	4:30 - 5:20 PM	Hi Lo H2O	Mary L	50
10:00 - 10:50 AM	Open Swim* (*Class uses 1 lane*)		50	3	5:20 - 10:30 PM	Open Swim		
10:50 AM - 5:25 PM	Open Swim			4	Wednesday			
5:30 - 6:20 PM	Aqua Intervals	Mary L	50	1	5 AM - 10:45 AM	Open Swim		
6:30 - 7:45 PM	\$ Masters	Cynthia		0	10:45 - 11:30 AM	Aqua Moves	Heidi	45
7:45 - 10:30 PM	Open Swim			4	11:30 - 1:00 PM	Open Swim		
Wednesday Private Training May Reserve One Lane During Open Swim					1:00 - 2:00 PM	Fluid Joints	Mary	60
5:00 AM - 6:00 AM	Open Swim			4	2:00 - 4:30 PM	Open Swim		
6:00 - 7:15 AM	\$ Masters	Cynthia	75	0	4:30 - 5:20 PM	Hi Lo H2O	Cindy	50
7:15 AM - 12:00 PM	Open Swim			4	5:30 - 6:20 PM	Aqua Zumba	Isabel	50
12:00 PM - 1:00 PM	\$ Masters	Cynthia	60	0	6:20 - 10:30 PM	Open Swim		
1:00 PM - 5:30 PM	Open Swim			4	Thursday			
5:30 - 6:20 PM	Open Swim* (*Class uses 1 lane*)		50	3	5 AM - 9:00 AM	Open Swim		
6:20 - 10:30 PM	Open Swim			4	9:00 - 9:50 AM	Aqua Moves	Lisa	50
Thursday Private Training May Reserve One Lane During Open Swim					10:00 - 10:50 AM	Hi Lo H2O	Lisa	50
5:00 AM - 5:30 AM	Open Swim			4	10:50 - 4:30 PM	Open Swim		
5:30 - 6:45 AM	\$ Masters	Brandon	75	0	4:30 - 5:20 PM	Hi Lo H2O	Heidi	50
6:45 - 10:00 AM	Open Swim			4	5:20 - 10:30 PM	Open Swim		
10:00 - 10:50 AM	Open Swim* (*Class uses 1 lane*)		50	3	Friday			
10:50 AM - 5:25 PM	Open Swim			4	5 AM - 11:45am	Open Swim		
5:30 - 6:20 PM	Aqua Intervals	Heidi	50	1	11:45a - 12:45pm	Fluid Moves	Jayne	60
6:30 - 7:45 PM	\$ Masters	Cynthia		0	12:45 - 9:30 PM	Open Swim		
7:45 - 10:30 PM	Open Swim			4	Saturday			
Friday Private Training May Reserve One Lane During Open Swim					6 AM - 9:30AM	Open Swim		
5:00 AM - 9:30 PM	Open Swim			4	9:30 - 10:30 AM	Hi Lo H2O	Rotation	60
Saturday Private Training May Reserve One Lane During Open Swim					10:40 - 11:30 AM	Aqua Zumba	Isabel	50
6:00 AM - 9:30 AM	Open Swim			4	11:30 AM - 3:30 PM	Open Swim		
9:30 AM - 11:30 AM	Open Swim* (*Class uses up to 2 lanes*)			2	3:30 - 5:00 PM	\$ Family Swim	NO LIFEGUARD	90
11:30 AM - 7:30 PM	Open Swim			4	5:00 - 7:30 PM	Open Swim		
Sunday Private Training May Reserve One Lane During Open Swim					Sunday			
6:00 AM - 10:00 AM	Open Swim			4	6 AM - 3:30 PM	Open Swim		
10:00 - 11:00 AM	Triathlon Training 1	Cynthia/Jayne	60	1	3:30 - 5:00 PM	\$ Family Swim	NO LIFEGUARD	90
11:00 AM - 7:30 PM	Open Swim			4	5:00 - 7:30 PM	Open Swim		

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