

Lap Pool Class & Open Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am Open Swim	Open Swim	5:00-6:00am Open Swim	Open Swim			
6:00-7:15am \$ Masters No lap lanes available	5:30-6:45am \$ Masters No lap lanes available	6:00-7:15am \$ Masters No lap lanes available	5:30-6:45am \$ Masters No lap lanes available			
7:15am-12noon Open Swim	6:45-10:00am Open Swim	7:15am-12noon Open Swim	6:45-10:00am Open Swim		6:00-9:30am Open Swim	6:00-10:00am Open Swim
	10:00-10:50am Open Swim 3 lanes		10:00-10:50am Open Swim 3 lanes		9:30-11:30am Open Swim 2 lanes	10-11:00am \$ TriTraining uses 3 lanes
	warm water class uses 1 lane		warm water class uses 1 lane		warm water class uses 2 lanes	Open Swim 1 lane
12:00-1:00pm \$ Masters No lap lanes available		12:00-1:00pm \$ Masters No lap lanes available		5:00am-9:30pm Open Swim		
1:00pm-5:30pm Open Swim	10:50am-5:25pm Open Swim	1:00pm-5:30pm Open Swim	10:50am-5:25pm Open Swim		11:30am-7:30pm Open Swim	11:00am-7:30pm Open Swim
5:30-6:20pm Open Swim 3 lanes	5:25-6:20pm Aqua Intervals uses 3 lanes	5:30-6:20pm Open Swim 3 lanes	5:25-6:20pm Aqua Intervals uses 3 lanes			
	Open Swim 1 lane		Open Swim 1 lane			
	warm water class uses 1 lane		warm water class uses 1 lane			
6:20pm-10:30pm Open Swim	6:30-7:45pm \$ Masters uses 4 lanes	6:20pm-10:30pm Open Swim	6:30-7:45pm \$ Masters uses 4 lanes			
	7:45-10:30pm Open Swim		7:45-10:30pm Open Swim			

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