

Lap Pool Schedule — October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	5a - 5:55a: Open	5a - 5:25a: Open	5a - 5:55a: Open	5a - 5:25a: Open				
	6a - 7a: Masters	5:30a-6:30a: Masters	6a - 7a: Masters	5:30a-6:30a: Masters				
6a - 7:45p Open Swim	7:10a - 1:50p Open Swim	6:40a - 11:40a Open Swim	7:10a - 9:50a: Open Swim	6:40a - 11:40a Open Swim	5:00a - 1:45p Open Swim	6a - 9:20a Open Swim		
			10a - 10:50a Aqua Intervals Class uses up to 3 lanes			9:30a - 10:20a 10:30a - 11:20a Instructor Choice Classes use up to 2 lanes		
		11:45a-12:45p: Masters	11a - 1:50a Open Swim	11:45a-12:45p: Masters				
		12:50p - 1:50p Open Swim		12:50p - 1:50p Open Swim				
	2p - 3p Pinnacle Closed for Cleaning							
	3:00p - 6:30p Online Lane Reservation Required	3:00p - 6:30p Online Lane Reservation Required	3:00p - 6:30p Online Lane Reservation Required	3:00p - 6:30p Online Lane Reservation Required		3:00p - 6:30p Online Lane Reservation Required	3:00p - 9:45p Open Swim	11:30a - 7:45p Open Swim
		5:30p - 6:20p Aqua Intervals Class uses up to 3 lanes		5:30p - 6:20p Aqua Intervals Class uses up to 3 lanes				
	6:30p - 7:55p: Open	6:30p-7:30p: Masters	6:30p - 7:55p: Open	6:30p-7:30p: Masters				
	8p - 9p: Masters	7:40p - 10:45p Open Swim	8p - 9p: Masters	7:40p - 10:45p Open Swim				
	9:10p-10:45p: Open		9:10p-10:45p: Open					

Note: Up to one lane may be reserved for classes or private training during Open Swim times

Questions? Email cynthia@phfitness.com or jayme@phfitness.com