

Outdoor Pool Schedule — September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7a - 5:45p Open Swim	5:30a - 1:45p Open Swim	5:30a - 9:50a Open Swim	5:30a - 9:50a Open Swim	5:30a - 9:50a Open Swim	6:30a - 9:50a Open Swim	7a - 9:20a Open Swim	
		10:00a - 10:50a HiLoH2O (Heidi)	10:00a - 10:50a Aqua Intervals (Heidi)	10:00a - 10:50a HiLoH2O (Lisa)	10:00a - 10:50a Fluid Moves (Jayme)	9:30a - 10:20a Instructor Choice (Rotation)	
		11:00a - 1:45p Open Swim	11:00a - 1:45p Open Swim	11:00a - 1:45p Open Swim	11:00a - 1:45p Open Swim	10:30a - 11:20a Instructor Choice (Rotation)	
	2p - 3p Pinnacle Closed for Cleaning						11:30a - 5:45p Open Swim
	3:00p - 7:45p Open Swim	3:00p - 4:20p Open Swim	3:00p - 4:20p Open Swim	3:00p - 4:20p Open Swim	3:00p - 7:45p Open Swim		
		4:30p - 5:20p HiLoH2O (Heidi)	4:30p - 5:20p HiLoH2O (Jayme)	4:30p - 5:20p HiLoH2O (Trina)			
		5:30p - 6:20p Aqua Intervals (Heidi)	5:30p - 6:20p HiLoH2O (Jayme)	5:30p - 6:20p Aqua Intervals (Dot)			
		6:30p - 7:45p Open Swim	6:30p - 7:45p Open Swim	6:30p - 7:45p Open Swim			

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