

Lap Pool Schedule: Effective March 24, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5a - 6:55a Open Swim	5a - 5:55a: Open	5a - 5:25a: Open	5a - 5:55a: Open	5a - 5:25a: Open	5a - 1:50p Open Swim	5a - 9:20a Open Swim
	6a - 7a \$ Masters Swim	5:30a- 6:30a \$ Masters Swim	6a - 7a \$ Masters Swim	5:30a-6:30a \$ Masters Swim		
7a - 7:45a \$ Pool Swim for OW	7:10a - 1:50p Open Swim	6:40a - 11:40a Open Swim	7:10a - 1:50p Open Swim	6:40a - 11:40a Open Swim	9:30a - 12 noon Online Lane Reservation Required	12 noon - 7:45p Open Swim
7:55a - 6:55p Open Swim		11:45a-12:45p \$ Masters Swim		11:45a-12:45p \$ Masters Swim		
	2p - 3p Pinnacle Closed for Cleaning					
7p - 7:45p \$ Pool Swim for OW	3:00p - 6:30p Online Lane Reservation Required	3:00p - 6:25p Online Lane Reservation Required	3:00p - 6:30p Online Lane Reservation Required	3:00p - 6:25p Online Lane Reservation Required	3:00p - 9:45p Open Swim	
	6:30p - 7:55p: Open	5:30p - 6:20p: Aqua Intervals (3 lanes)	6:30p - 7:55p: Open	5:30p - 6:20p: Aqua Intervals (3 lanes)		
8p - 9p \$ Masters Swim	9:10p-10:45p: Open	6:30p-7:30p \$ Masters Swim	8p - 9p \$ Masters Swim	6:30p-7:30p \$ Masters Swim		
9:10p-10:45p: Open		7:40p - 10:45p Open Swim		7:40p - 10:45p Open Swim		

**Note: Up to one lane may be reserved for classes or private training.
Please see the Warm Water Pool schedule for additional class times.**

When others are Waiting:

If Sharing a Lane: Please limit swims to 45 minutes. If Not Sharing a Lane: Please limit swims to 30 minutes

\$ Indicates an additional fee and registration is required for this class.

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