

# Lap Pool Schedule: Effective May 1, 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 - 9:45p 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		5a - 9:20a Open Swim			
(May 2) 7a - 7:45a \$ Pool Swim for OW	7:10a - 7:55p Open Swim	6:40a - 11:40a Open Swim	7:10a - 7:55p Open Swim	6:40a - 11:40a Open Swim		9:20a - 10:20a Warm Water Class uses 2 lanes			
7:55a - 6:55p Open Swim		11:45a-12:45p \$ Masters Swim		12:55p - 5:20p Open Swim		11:45a-12:45p \$ Masters Swim	12:55p - 5:20p Open Swim	10:30a - 7:45p Open Swim	
		5:30p - 6:20p: Aqua Intervals (3 lanes)				5:30p - 6:20p: Aqua Intervals (3 lanes)			
		6:30p-7:30p \$ Masters Swim				6:30p-7:30p \$ Masters Swim			
		(May 2) 7p - 7:45p \$ Pool Swim for OW				7:40p - 10:45p Open Swim			7:40p - 10:45p Open Swim
		8p - 9p \$ Masters Swim							
		9:10p-10:45p: Open				9:10p-10:45p: Open			

**Note: Up to one lane may be reserved for private training.**

**Lane 1** will offer priority to class participants during Warm Water classes.

**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](mailto:cynthia@phfitness.com) or [jayme@phfitness.com](mailto:jayme@phfitness.com)