

Warm Water Schedule: Effective May 1, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00a -3:00p Open Swim	5:00a - 12:50p Open Swim	5:00a - 9:50a Open Swim	5:00a - 9:50a Open Swim	5:00a - 9:50a Open Swim	5:00a - 9:50a Open Swim	5:00a - 8:20a Open Swim
						8:30a - 9:20a Instructor Choice (Rotation)
		10:00a - 10:50a HiLoH2O (Heidi)	10:00a - 10:50a HiLoH2O (Heidi/ Jayme)	10:00a - 10:50a HiLoH2O (Lisa)	10:00a - 10:50a Fluid Moves (Jayme)	9:30a - 10:20a Instructor Choice (Rotation)
		11:00a - 12:50p Open Swim			10:30a - 3:00p Open Swim	
	1:00p - 2:00p Fluid Joints (Heidi)		1:00p - 2:00p Fluid Joints (Mary)			
3:00p - 4:00p Family Swim	2:10p - 4:50p Open Swim	11:00a - 10:45p Open Swim	2:10p - 4:50p Open Swim	11:00a - 10:45p Open Swim	11:00a - 9:45p Open Swim	3:00p - 4:00p Family Swim
4:30p - 5:20p Instructor Choice (Rotation)	5:00p - 5:50p HiLoH2O (Lynn)		5:00p - 5:50p HiLoH2O (Trina)			4:00p - 7:45p Open Swim
5:30p - 7:45p Open Swim	6:00p - 10:45p Open Swim		6:00p - 10:45p Open Swim			

Note: New classes are being added to accommodate demand. Please watch for schedule updates.
Questions? Email cynthia@phfitness.com or jayme@phfitness.com