

# Lap Pool Schedule: Effective July 1, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5a - 7:45p Open Swim	5a - 5:55a: Open	5a - 5:55a: Open	5a - 5:55a: Open	5a - 5:55a: Open	5a - 9:45p Open Swim	5a - 9:25a Open Swim	
	6a - 7a \$ Masters Swim	6a - 7a \$ Masters Swim	6a - 7a \$ Masters Swim	6a - 7a \$ Masters Swim		9:30a - 10:20a Warm Water Class uses 2 lanes	
	7:05a -10:45p Open Swim	7:05a - 11:40a Open Swim	7:05a - 11:40a Open Swim	7:10a -10:45p Open Swim		7:05a - 11:40a Open Swim	10:25a - 7:45p Open Swim
		11:45a-12:45p \$ Masters Swim	11:45a-12:45p \$ Masters Swim				
		12:50p - 5:20p Open Swim	12:50p - 5:20p 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				
	7:35p - 10:45p Open Swim	7:35p - 10:45p Open Swim	7:35p - 10:45p Open Swim				

**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)