

Lap Pool Schedule: Effective September 27, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5a - 7:45p 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		5:30a - 6:30a \$ Masters Swim		
	7:05a -10:45p Open Swim	6:35a - 11:40a Open Swim	6:35a - 11:40a Open Swim	6:35a - 11:40a Open Swim		
		11:45a-12:45p \$ Masters 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	12:50p - 5:20p Open Swim		10:30a - 7:45p Open Swim
	5:30p - 6:20p: Deep Water Aqua Intervals (3 lanes)	5:30p - 6:20p: Deep Water Aqua Intervals (3 lanes)	5:30p - 6:20p: Deep Water Aqua Intervals (3 lanes)			
	6:30p-7:30p \$ Masters Swim	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 or jayme@phfitness.com