

Lap Pool Schedule: Effective January 3, 2022

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

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

When others are waiting: Please limit swims to 45 minutes.

All lanes are shared lanes. Please see posted lane sharing guidelines, and email cynthia@phfitness.com with any questions.