

Lap Pool Schedule: Effective May 2, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5a - 7:45p Open Swim	5a - 5:55a Open Swim	5a - 5:25a Open	5a - 5:55a Open Swim	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			9:30a - 10:20a Warm Water Class uses up to 2 lanes	
	7:05a - 8:20a Open Swim	6:35a - 11:40a Open Swim	7:05a - 10:45p Open Swim	6:35a - 11:40a Open Swim				
	8:30a - 9:20a Aqua Intervals (3 lanes)			11:45a - 12:45p \$ Masters Swim				11:45a - 12:45p \$ Masters Swim
	9:30a - 10:45p Open Swim			12:50p - 6:25p Open Swim				12:50p - 6:25p Open 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			10:30a - 7:45p Open Swim		

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

Lane 1 may be reserved for 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.