

# Warm Water Schedule: Effective July 20, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:00a - 7:45p Open Swim</b>	<b>5:00a - 12:50p Open Swim</b>	<b>5:00a - 9:50a Open Swim</b>	<b>5:00a - 12:50p Open Swim</b>	<b>5:00a - 9:50a Open Swim</b>	<b>5:00a - 9:50a Open Swim</b>	<b>5:00a - 8:20a Open Swim</b>
		<b>10:00a - 10:50a HiLoH2O</b>		<b>10:00a - 10:50a HiLoH2O</b>	<b>10:00a - 10:50a Fluid Moves</b>	<b>8:30a - 9:20a HiLoH2O</b>
	<b>1:00p - 2:00p Fluid Joints</b>	<b>11:00a - 4:50p Open Swim</b>	<b>1:00p - 2:00p Fluid Joints</b>	<b>11:00a - 4:50p Open Swim</b>	<b>11:00a - 11:50a Fluid Moves</b>	<b>10:30a - 7:45p Open Swim</b>
	<b>2:10p - 4:50p Open Swim</b>	<b>5:00p - 5:50p HiLoH2O</b>	<b>2:10p - 10:45p Open Swim</b>	<b>5:00p - 5:50p HiLoH2O</b>	<b>12:00p - 9:45p Open Swim</b>	
	<b>5:00p - 5:50p HiLoH2O</b>	<b>6:00p - 10:45p Open Swim</b>	<b>6:00p - 10:45p Open Swim</b>	<b>6:00p - 10:45p Open Swim</b>		
	<b>6:00p - 10:45p Open Swim</b>	<b>6:00p - 10:45p Open Swim</b>	<b>6:00p - 10:45p Open Swim</b>	<b>6:00p - 10:45p Open Swim</b>		

**Note:** New classes may be added to accomodate demand. Please watch for schedule updates.  
**Questions?** Email [cynthia@phfitness.com](mailto:cynthia@phfitness.com) or [jayme@phfitness.com](mailto:jayme@phfitness.com)