

Lap Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5a - 6:40p Open Swim	5:00a - 5:55a Open Swim	5:00a - 5:25a Open	5:00a - 5:55a Open Swim	5:00a - 5:25a Open	5a - 9:45p Open Swim	5a - 9:20a Open Swim
	6:00a - 7:00a \$ Masters Swim	5:30a - 6:30a \$ Masters Swim	6:00a - 7:00a \$ Masters Swim	5:30a - 6:30a \$ Masters Swim		9:30a - 10:20a Warm Water Class uses up to 2 lanes
	7:05a - 10:45p Open Swim	6:35a - 11:40a Open Swim	7:05a - 10:45p Open Swim	6:35a - 11:40a Open Swim		10:30a - 7:45p Open Swim
		11:45a - 12:45p \$ Masters Swim		11:45a - 12:45p \$ Masters Swim		
		12:50p - 6:25p Open Swim		12:50p - 6:25p Open Swim		
6:45p - 7:45p \$ Swimming for Tri		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 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.