

# Lap Pool Schedule: Effective September 5, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:00a - 7:45p Open Swim</b>	<b>5:00a - 5:55a Open Swim</b>	<b>5:00a - 5:25a Open</b>	<b>5:00a - 5:55a Open Swim</b>	<b>5:00a - 5:25a Open</b>	<b>5a - 9:45p Open Swim</b>	<b>5a - 9:20a Open Swim</b>
	<b>6:00a - 7:00a \$ Masters Swim</b>	5:30a - 6:30a \$ Masters Swim	<b>6:00a - 7:00a \$ Masters Swim</b>	5:30a - 6:30a \$ Masters Swim		
	<b>7:05a - 1:00p Open Swim</b>	<b>6:35a - 9:50a Open Swim</b>	<b>6:35a - 9:50a Open Swim</b>	<b>6:35a - 9:50a Open Swim</b>		
		9:50a - 10:50a Open Swim: 3 lanes Warm Water Class: 1 lane	<b>7:05a - 1:00p Open Swim</b>	9:50a - 10:50a Open Swim: 3 lanes Warm Water Class: 1 lane	9:20a - 10:20a Open Swim: 2 lanes Warm Water Class: 2 lanes	
		<b>10:55a - 11:40a Open Swim</b>	<b>10:55a - 11:40a Open Swim</b>	<b>10:55a - 11:40a Open Swim</b>	<b>11:00a - 11:50a Open Swim: 3 lanes Warm Water Class: 1 lane</b>	
		11:45a - 12:45p \$ Masters Swim		11:45a - 12:45p \$ Masters Swim		
	1:00p - 2:00p Open Swim: 3 lanes Warm Water Class: 1 lane	<b>12:50p - 4:50p Open Swim</b>	1:00p - 2:00p Open Swim: 3 lanes Warm Water Class: 1 lane	<b>12:50p - 4:50p Open Swim</b>	<b>11:55a - 10:45p Open Swim</b>	
	<b>2:05p - 4:50p Open Swim</b>		10:25a - 7:45p Open Swim			
	4:50p - 5:50p Open Swim: 3 lanes Warm Water Class: 1 lane	4:50p - 5:50p Open Swim: 3 lanes Warm Water Class: 1 lane	<b>2:05p - 10:45p Open Swim</b>	4:50p - 5:50p Open Swim: 3 lanes Warm Water Class: 1 lane		
	<b>5:55p - 10:45p Open Swim</b>	<b>5:55p - 6:25p Open</b>		<b>5:55p - 6:25p Open</b>		
6:30p - 7:30p \$ Masters Swim		6:30p - 7:30p \$ Masters Swim				
	<b>7:35p - 10:45p Open Swim</b>		<b>7:35p - 10:45p Open Swim</b>			

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

\$ 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](mailto:cynthia@phfitness.com) with any questions.