

Warm Water Schedule: Effective September 5, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00a - 2:55p Open Swim	5:00a - 12:50p Open Swim	5:00a - 9:50a Open Swim	5:00a - 12:50p Open Swim	5:00a - 9:50a Open Swim	5:00a - 9:50a Open Swim	5:00a - 8:20a Open Swim	
		10:00a - 10:50a HiLoH2O		10:00a - 10:50a HiLoH2O	10:00a - 10:50a HiLoH2O	8:30a - 9:20a HiLoH2O	
		11:00a - 4:50p Open Swim		11:00a - 4:50p Open Swim	11:00a - 4:50p Open Swim	9:30a - 10:20a HiLoH2O	
	1:00p - 2:00p Fluid Joints	11:00a - 4:50p Open Swim	1:00p - 2:00p Fluid Joints	11:00a - 4:50p Open Swim	11:00a - 4:50p Open Swim	11:00a - 11:50a Fluid Moves	10:30a - 2:55p Open Swim
	2:10p - 4:50p Open Swim		2:10p - 10:45p Open Swim		2:10p - 10:45p Open Swim	12:00p - 10:45p Open Swim	
	3:00p - 4:20p Family Swim	5:00p - 5:50p HiLoH2O	5:00p - 5:50p HiLoH2O	2:10p - 10:45p Open Swim	5:00p - 5:50p HiLoH2O	12:00p - 10:45p Open Swim	3:00p - 4:20p Family Swim
4:30p - 7:45p Open Swim	6:00p - 10:45p Open Swim	6:00p - 10:45p Open Swim	6:00p - 10:45p Open Swim		6:00p - 10:45p Open Swim		4:30p - 7:45p Open Swim

Note: New classes may be added to accomodate demand. Please watch for schedule updates.

Questions? Email cynthia@phfitness.com or jayme@phfitness.com