

# Lap Pool Schedule - Effective February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00a - 6:55a 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 - 9:20a Open Swim	5a - 8:20a 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		
7:00a - 8:00a \$ Triathlon Training	7:05a - 12:50p Open Swim	6:35a - 9:50a Open Swim	7:05a - 9:20a Open Swim	6:35a - 9:50a Open Swim	9:20a - 10:20a Open Swim: 2 lanes Warm Water Class: 2 lanes	8:20a - 9:20a Open Swim: 2 lanes Warm Water Class: 2 lanes
8:05a - 4:20p Open Swim		9:50a - 10:50a Open Swim: 3 lanes Warm Water Class: 1 lane	9:20a - 10:20a Open Swim: 3 lanes Warm Water Class: 1 lane	9:50a - 10:50a Open Swim: 3 lanes Warm Water Class: 1 lane		9:20a - 10:20a Open Swim: 3 lanes Warm Water Class: 1 lane
	4:20p - 5:20p Open Swim: 3 lanes Warm Water Class: 1 lane	10:55a - 11:40a Open Swim	10:55a - 11:40a Open Swim	10:25a - 12:50p Open Swim	10:55a - 11:40a Open Swim	10:25a - 10:45p Open Swim
11:45a - 12:45p \$ Masters Swim		11:45a - 12:45p \$ Masters Swim	11:45a - 12:45p \$ Masters Swim	11:45a - 12:45p \$ Masters Swim		
5:25p - 7:45p Open Swim	1:00p - 2:00p Open Swim: 3 lanes Warm Water Class: 1 lane	12:50p - 4:50p Open Swim	1:00p - 2:00p Open Swim: 3 lanes Warm Water Class: 1 lane	12:50p - 4:50p Open Swim	10:25a - 10:45p Open Swim	10:25a - 10:45p Open Swim
	2:05p - 4:50p Open Swim		2:05p - 5:20p Open Swim			
5:25p - 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	5:30p - 6:20p Open Swim: 3 lanes Warm Water Class: 1 lane	4:50p - 5:50p Open Swim: 3 lanes Warm Water Class: 1 lane	5:55p - 6:25p Open	5:55p - 6:25p Open
	5:55p - 10:45p Open Swim	5:55p - 6:25p Open	6:25p - 10:45p Open Swim	5:55p - 6:25p Open		
		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.**

\$ 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.