











Aquatics

PARKWAY

Athletic Club
at Saint Mary's

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	Lap Swim Lap Swim Ends 9:50am	Lap Swim	Lap Swim Lap Swim Ends 9:50am	Lap swim	Lap Swim Lap Swim Ends 9:50am			
7:00am						Lap Swim Lap Swim Ends 9:50am	Lap Swim Lap Swim Ends 9:50am	
10:00am	 Aqua Fit	Lap Swim Ends 11:50am	 Aqua Fit	Lap Swim Ends 11:50am	 Aqua Fit	Private Lessons & Parent + Me Swim Classes	Private Lessons	
	 Aqua Fit		 Aqua Fit		 Aqua Fit			
12:00pm	Lap Swim	 Aqua Fit	Pool Closed for Cleaning 12pm-1pm	 Aqua Fit	Lap Swim	Lap Swim	Lap Swim	
1:00pm		Lap Swim	Lap Swim	Lap Swim				
2:00pm								
3:00pm	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Lap Swim ends 4:45pm	Lap Swim ends 4:45pm	
4:00pm	Youth Swim Lessons	Private Swim Lessons	Youth Swim Lessons	Private Swim Lessons	Youth Swim Lessons			
5:00pm								
7:00pm	Private Lessons	Lap Swim	Private Lessons	Lap Swim		STAY CONNECTED WITH OUR PARKWAY APP!  		
8:00pm	Lap Swim		Lap Swim ends 8:45pm					Lap Swim
	Lap Swim ends 8:45pm	Lap Swim ends 8:45pm						

Pool Closes at 8:45pm Monday-Thursday, 7:00pm on Fridays and 4:45pm on Saturday & Sunday

During Lap Swim, Circle Swimming and Lane Sharing is Mandatory. Lane 1 is designated for walkers.

Please notify Instructor if
you have any special
health concerns

Pool Size is 25 Yards

Schedules online:
parkwayathleticclub.com

POOLS, SPAS, SAUNAS, AND STEAM ROOMS ARE OPEN!