

Aquatics

PARKWAY

Athletic Club
at Saint Mary's

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



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