











# 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	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		 Aqua Fit	Pool Closed for Cleaning 12pm-1pm	 Aqua Fit			
1:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:00pm	Private Lessons		Private Lessons		Private Lessons		
4:00pm		Private Swim Lessons		Private Swim Lessons			
5:00pm	Youth Swim Lessons		Youth Swim Lessons		Youth Swim Lessons	Lap Swim ends 4:45pm	Lap Swim ends 4:45pm
7:00pm	Private Lessons		Private Lessons			<b>STAY CONNECTED WITH OUR</b>  <b>PARKWAY APP!</b>  	
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			

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

**Effective May 01, 2026**