



Fall 2019

September 3 - December 22

Schedule subject to change
rev. 9/5/19

POOL

See Visual Schedule for specific lane and pool area availability.

Public Use

This is a multi-purpose pool time including but not limited to water walking, personal water exercise, physical therapy & swim lessons.

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|-------------------------|--------------------|
| Monday - Friday | 5:00 am – 2:45 pm |
| Tuesday/Thursday | 6:15 pm – 7:30 pm |
| Friday: | 4:30 pm – 7:00 pm |
| Saturday: | 7:00 am – 1:00 pm |
| Sunday: | 11:00 am – 1:00 pm |

Recreational Swim

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|---------------------------------------|-------------------|
| Monday, Wednesday & Friday | 7:05 pm – 8:30 pm |
| Saturday & Sunday: | 1:15 pm – 3:00 pm |

1. No spectators on deck. Please sit in the balcony.
2. Lifeguards are always in charge.

Note: Children 6 and under must always be accompanied by an adult in the water within arm's reach.

Lap Swim

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| Monday | 5:00 am – 2:45 pm 6:30 pm – 8:30 pm |
| Wednesday | 5:00 am – 2:00 pm 6:00 pm – 7:00 pm |
| Tuesday/Thursday | 5:00 am – 2:45 pm 6:15 pm – 7:30 pm |
| Friday: | 5:00 am – 2:45 pm 4:30 pm – 7:00 pm |
| Saturday: | 10:00 am – 1:00 pm |
| Sunday: | 11:00 am – 1:00 pm |

Water Fitness

Work at your own pace as our instructors help you reach your fitness goals! Water exercise shoes recommended for shallow water. Buoyancy belts supplied for deep water classes.

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| Monday & Wednesday: | 6:15 am – 7:00 am 8:00 am – 8:55 am 9:00 am – 9:55 am | Water Exercise H ₂ O Fit & Flow AquaFit & Strength |
| Tuesday & Thursday: | 7:30 am – 8:25 am 8:30 am – 9:25 am | Aqua Powerfit Mind'n'Motion |
| Friday: | 6:00 am – 7:00 am 8:00 am – 8:55 am 9:00 am – 9:55 am | Water Exercise Deep Aquaerobics Deep H ₂ O Intervals |
| Saturday: | 9:00 am – 9:45 am | H ₂ O Boot Camp |

Upcoming Facility Closure Dates:

November 28: Thanksgiving
December 24 @ Noon – December 25: Christmas
December 31 @ Noon – January 1: New Year's

Upcoming Pool Closure Dates:

Sep. 17, Oct. 10, 15 & 17 @ 2:15 pm: AHS Swim Meets
October 11 @ 4:30 pm: TAC PN West Sr. Circuit Meet
October 5 @ Noon: Girls NW Conf. Invitational Meet
October 26 – 27: TAC Halloween Spooktacular Meet
November 8 @ Noon – November 9: High School Girls District 2A Swim Meet
December TBD: Boys NW Conf. Invitational Meet

TAC Masters Practice:

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| Monday/Wednesday | 12:45 pm – 2:00 pm |
| Tuesday/Thursday | 5:45 am – 7:00 am 7:30 pm – 8:30 pm |
| Saturday | 5:45 pm – 7:00 am |

Questions: contact Calvin Milbach cmilbachpfc@gmail.com

Thunderbird Aquatic Club (TAC):

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| Mon/Tue/Thurs/Fri | 3:00 pm – 7:00 pm |
| Wednesday | 2:00 pm – 6:00 pm |
| Saturday | 7:00 am – 10:00 am |

Questions? Contact George Minkel gminkelpfc@gmail.com

Contact Information:

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