



Winter 2020

February 20 - April 5, 2020

Schedule subject to change
rev. 2/17/2020

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.

Monday	5:00 am – 2:45 pm & 6:00 pm – 7:00 pm
Wednesday	5:00 am – 2 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:	7:00 am – 1:00 pm
Sunday:	11:00 am – 1:00 pm

Lap Swim

Monday	5:00 am – 2:45 pm & 5:45 pm – 7:00 pm
Wednesday	5:00 am – 2:00 pm & 5:30 pm – 7:00 pm
Tuesday/Thursday	5:00 am – 2:45 pm & 5:45 pm – 7:30 pm
Friday:	5:00 am – 2:45 pm & 5:30 pm – 7:00 pm
Saturday:	10:00 am – 1:00 pm
Sunday:	11:00 am – 1:00 pm

TAC Masters Practice:

Monday/Wednesday:	Practice A: 12:45 pm – 1:50 pm Practice B: 1:55 pm – 2:50 pm
Tuesday/Thursday	5:45 am – 7:00 am & 7:30 pm – 8:30 pm
Friday (begins 3/6):	Practice A: 12:45 pm – 1:50 pm Practice B: 1:55 pm – 2:50 pm
Saturday	5:45 am – 7:00 am

Questions: contact Jenny Claridge jclaridgepfc@gmail.com

Thunderbird Aquatic Club (TAC):

Monday	6:00 am – 7:30 am & 3:00 pm – 6:15 pm
Tuesday	3:00 pm – 5:45 pm
Wednesday	2:00 pm – 6:00 pm
Thursday	3:00 pm – 5:45 pm
Friday	6:00 am – 7:30 am & 3:00 pm – 6:15 pm
Saturday	7:00 am – 10:00 am

Questions? Contact George Minkel
gminkelpfc@gmail.com

Recreational Swim

Wednesday & Friday	7:10 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.

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.

Monday & Wednesday:	6:15 am – 7:15 am	Water Exercise
	8:00 am – 8:55 am	H ₂ O Fit & Flow
	9:00 am – 9:55 am	AquaFit & Strength
Tuesday:	6:00 pm – 7:00 pm	H ₂ O Boot Camp
	7:15 pm – 8:15 pm	Monofin Fitness (begins 3/3)
Tuesday & Thursday:	7:30 am – 8:25 am	Aqua Powerfit
	8:30 am – 9:25 am	Mind'n'Motion
Friday:	6:15 am – 7:15 am	Water Exercise
	8:00 am – 8:55 am	Deep Aquaerobics
	9:00 am – 9:55 am	Deep H ₂ O Intervals
Saturday:	9:00 am – 9:45 am	H ₂ O Boot Camp

Upcoming Facility Closure Dates:

Feb. 28 @ noon – March 1: PNS February Divisional Swim Meet

Upcoming Schedule Change:

Saturday Lap Swim begins at 7 AM: March 7, 14, 21 and 28

March 26 from 6:15 – 7:15 PM: Special Olympics Swimming. No evening Public Use, Laps or Aqua Group Fitness

Contact Information:

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