

# Aquatics

# PARKWAY Athletic Club

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30am	Lap Swim	Lap Swim	Lap Swim	Lap swim	Lap Swim		
6:00am							
9:00am							
10:00am	Aqua Fit	Lap Swim Ends 11:55am	Aqua Zumba	Lap Swim Ends 11:55am	Aqua Fit	Baby Swim	Private Lessons
	Aqua Fit		Aqua Fit		Aqua Fit	Baby Swim	
12:00pm	Lap Swim	Aqua Fit	Pool Closed for Cleaning 12pm-3pm	Aqua Fit	Lap Swim	Private Lessons	Lap Swim
1:00pm		Lap Swim		Lap Swim		Lap Swim	
2:00pm							Family Swim
3:00pm	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Lap Swim ends 5:45pm	Family Swim ends 5:45pm
4:00pm	Youth Swim Lessons	Youth Swim Lessons	Youth Swim Lessons	Youth Swim Lessons	Youth Swim Lessons	Pre-Team is invitation only.  Private lessons are available.	
7:30pm	PRE-TEAM	PRE-TEAM	PRE-TEAM	PRE-TEAM	PRE-TEAM		
8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Sign-up for text alerts by texting @pacaqua to 81010	
					Lap Swim ends 8:45pm		
	Lap Swim ends 9:45pm	Lap Swim ends 9:45pm	Lap Swim ends 9:45pm	Lap Swim ends 9:45pm			
Pool Closes at 9:45pm Monday-Thursday, 8:45pm on Fridays and 5:45pm on Saturday & Sunday							

During Lap Swim Lane Sharing is Mandatory

Please notify Instructor if  
you have any special  
health concerns

Pool Size is 25 Yards

Schedules online  
[www.parkwayathleticclub.com](http://www.parkwayathleticclub.com)

Effective April 1, 2023