





Aquatics

PARKWAY

Athletic Club
at Saint Mary's

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am							
8:00am	Lap Swim		Lap Swim		Lap Swim	Lap Swim	Lap Swim
9:00am	Lap Swim Ends 9:50am	Lap Swim	Lap Swim Ends 9:50am	Lap swim	Lap Swim Ends 9:50am	Lap Swim Ends 9:50am	Lap Swim Ends 9:50am
10:00am	Aqua Fit		Aqua Fit		Aqua Fit	Private Lessons	Private Lessons
	Aqua Fit	Lap Swim Ends 11:50am	Aqua Fit	Lap Swim Ends 11:50am	Aqua Fit		
12:00pm		Aqua Fit	Pool Closed for Cleaning 12pm-1pm	Aqua Fit		Lap Swim	Lap Swim
1:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim ends 1:45pm	Lap Swim ends 1:45pm
2:00pm						STAY CONNECTED WITH OUR APP	
3:00pm	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	   	
4:00pm	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			
Pool Closes at 8:45pm Monday-Thursday, 7:00pm on Fridays and 1:45pm 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!