

# PDHP Recreation Center Indoor Pool Schedule Dec. 1-31

**NOTE: You must check in and scan key fob with the desk attendant in the pool lobby. Day passes can be purchased at the Main Front Desk.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adult Lap Swim</b> 7-9:15am *5 lap lanes open	<b>Adult Lap Swim</b> 5:30-8:20am 6 lap lanes open	<b>Adult Lap Swim</b> 5:30-8:20am 6 lap lanes open	<b>Adult Lap Swim</b> 5:30-8:20am 6 lap lanes open	<b>Adult Lap Swim</b> 5:30-9:20am 6 lap lanes open	<b>Adult Lap Swim</b> 5:30-8:20am 6 lap lanes open	<b>Adult Lap Swim</b> 7-8am *5 lap lanes open 8-9:15am *4 lap lanes open
<b>Swim Lessons</b> 9:15am-Noon 1 lap lane open	<b>Aqua Fit</b> 8:25-9:15am 2 lap lanes open	<b>Aqua Fit</b> 8:25-9:15am 2 lap lanes open	<b>Aqua Fit</b> 8:25-9:15a 2 lap lanes open	<b>Aqua Fit</b> 8:25-9:15am 2 lap lanes open	<b>Aqua Fit</b> 8:25-9:15am 2 lap lanes open	<b>Swim Lessons</b> 9:15am-12:30pm 1 lap lane open
<b>Open Swim</b> Noon-5:30pm *2 lap lanes open	<b>Adult Lap Swim</b> 9:15am-4pm *6 lap lanes open	<b>Adult Lap Swim</b> 9:15am-4pm *6 lap lanes open	<b>Adult Lap Swim</b> 9:15am-5pm *6 lap lanes open	<b>Adult Lap Swim</b> 9:15am-4pm *6 lap lanes open	<b>Adult Lap Swim</b> 9:15am-4pm *6 lap lanes open	<b>Open Swim</b> 12:30-5:30pm *2 lap lanes open
	<b>Swim Lessons</b> 4-6:30pm 1 Lap Lane Open	<b>Swim Lessons</b> 4-6:30pm 1 Lap Lane Open	<b>Swim Team</b> 5-8pm 1 Lap Lane Open	<b>Open Swim</b> 4-6pm *2 lap lanes open	<b>Adult Lap Swim</b> 4-7:30pm *5 lap lanes open	
	<b>Swim Team</b> 6:30-8pm 1 Lap Lane Open	<b>Swim Team</b> 6:30-8pm 1 Lap Lane Open		<b>Adult Lap Swim</b> 6pm-8pm *6 lap lanes open		

**Daily Admission Fees:** Res \$10 / NonRes \$12 per person  
 Children (3 & under) FREE

\*\*Specific Holiday Schedule will be posted after 12/15 \*\*

**Adult Lap Swim** is for adults 16 years and older. The facility is not protected by lifeguards during this time. The pool has 4-6 lane lines setup and is ideal for people who are exercising on their own. Swimming alone is not recommended. *\*Private swim lessons may be taking place which affects the amount of lap lanes available in our shared community space.*

**Swim Lessons and Swim Team** is a designated time for Group and Private Lessons in which the pool has limited access for those looking to swim laps. The amount of lane lines are subject to change due to class sizes.

**Open Swim** is pool availability for those who wish to participate in non-lap swim activities, as well as to relax and enjoy our pool. It is a great time to workout independently or have family time to play together in the pools. *\*Private swim lessons may be taking place which limits the amount of lap lanes available in our shared community space.*

**AquaFit** are Water Aerobics class led by a certified group exercise instructor. Classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music. Participants need to have a Recreation Membership or pay a daily fee at the front desk.