

PDHP Recreation Center Indoor Pool Schedule Jan. 6–29

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
Adult Lap Swim 7–9:15am *5 lap lanes open	Adult Lap Swim 5:30–8:20am 6 lap lanes open	Adult Lap Swim 5:30–8:20am 6 lap lanes open	Adult Lap Swim 5:30–8:20am 6 lap lanes open	Adult Lap Swim 5:30–9:20am 6 lap lanes open	Adult Lap Swim 5:30–8:20am 6 lap lanes open	Adult Lap Swim 7–9:15am *5 lap lanes open
Swim Lessons 9:15am–Noon 1 lap lane open	Aqua Fit 8:25–9:15am 2 lap lanes open	Aqua Fit 8:25–9:15am 2 lap lanes open	Aqua Fit 8:25–9:15a 2 lap lanes open	Aqua Fit 8:25–9:15am 2 lap lanes open	Aqua Fit 8:25–9:15am 2 lap lanes open	Swim Lessons 9:15am–12:30pm 1 lap lane open
Open Swim Noon–5:30pm *2 lap lanes open	Adult Lap Swim 9:15am–4pm *6 lap lanes open	Adult Lap Swim 9:15am–4pm *6 lap lanes open	Adult Lap Swim 9:15am–10am *6 lap lanes open	Adult Lap Swim 9:15am–4pm *6 lap lanes open	Adult Lap Swim 9:15am–4pm *6 lap lanes open	Open Swim 12:30–5:30pm *2 lap lanes open
	Swim Lessons 4–6:30pm 1 Lap Lane Open	Swim Lessons 4–6:30pm 1 Lap Lane Open	Adult Lap Swim 10:00am–11am *5 lap lanes open	Open Swim 4–6pm *2 lap lanes open	Adult Lap Swim 4–7:30pm *5 lap lanes open	
	Swim Team 6:30–8pm 1 Lap Lane Open	Swim Team 6:30–8pm 1 Lap Lane Open	Adult Lap Swim 11am–5pm *6 lap lanes open	Adult Lap Swim 6pm–7pm *6 lap lanes open		
			Swim Team 5–8pm 1 Lap Lane Open	Triathlon Group 7–8:15pm 2 Lap Lane Open		

Daily Admission Fees: Res \$12 / NonRes \$15 per person
Children (3 & under) FREE

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.