



Premier At Sawmill Athletic Club

Indoor Pool Schedule-January 1-March 1, 2019 Visit our website: www.premieratsawmill.com
 Indoor Pool - Monday-Thursday 5:30am-10:45pm Friday 5:30am-8:45pm Saturday-Sunday 7:00am-8:45pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:30AM-8:00AM Diving Board Closed	Lap Swim 5:30AM-8:00AM Diving Board Closed	Lap Swim 5:30AM-8:30AM Diving Board Closed	Lap Swim 5:30AM-8:00AM Diving Board Closed	Lap Swim 5:30AM-9:00AM Diving Board Closed	Lap Swim 7:00AM-8:00AM Diving Board Closed	Lap Swim 7:00AM-9:30AM Diving Board Closed
Hydro Variety 8:00AM-9:00AM	H2O in Motion 8:00AM-9:00AM	Deep Water Dynamics 8:30AM-10:00AM	Aqua Pump & Power 8:00AM-9:00AM	Aqua Pump & Power 9:00AM-10:00AM	Speedo Fit 8:00AM-9:00AM	Sunday Splash 9:30AM-10:30AM
Deep Water Dynamics 9:00AM-10:00AM	Aqua Zumba 9:15AM-10:15AM	Lap & Open Swim 10:00AM-12:00PM	Aqua Zumba 9:15AM-10:15AM	Lap & Open Swim 10:00AM-12:00PM	Hydro Power Jam 9:00AM-10:00AM	Lap & Open Swim 10:30AM-8:45PM
Water Spinning - Gentle Journey 10:15AM-11AM	Lap & Open Swim 10:15AM-4:15PM	Water Spinning - Gentle Journey 12:00PM-12:45PM	Lap & Open Swim 10:15AM-4:15PM	Water Spinning - Gentle Journey 12:00PM-1:00PM	Swim Lessons 10:00AM-12:00PM	
Lap & Open Swim 11:00AM-4:00PM		Variety Hi/Yo 1:15PM-2:00PM		Lap & Open Swim 10:15AM-4:15PM	Arthritis 1:15PM-2:15PM	
		Lap & Open Swim 2:00PM-4:00PM			Lap & Open Swim 2:15PM-4:15PM	
		Happy Hour Aerobics 4:00PM-5:00PM			USA Swim 4:30PM-5:30PM	
USA Swim 4:45PM-5:45PM	USA Swim 4:30PM-5:30PM	Lap & Open Swim 4:00PM-6:00PM	USA Swim 4:30PM-5:30PM	USA Swim 4:45PM-5:45PM	Lap & Open Swim 12:00PM-8:45PM	
Swim Lessons 5:30PM-7:00PM	Lap & Open Swim 5:15PM-7:00PM	Water Spinning - Time to Race 6:00PM-6:45PM	Swim Lessons 5:15PM-7:00PM	Lap & Open Swim 5:30PM-8:45PM		
Hydro Power Jam 7:00PM-8:00PM	Cardio Fusion 7:00PM-8:00PM	USA Swim 6:00PM-7:15PM	Aqua Zumba 7:00PM-7:45PM			
Scuba 7:00PM-10:30PM	Lap & Open Swim 8:00PM-10:45PM	Definitively Deep 7:00PM-8:00PM	Lap & Open Swim 8:00PM-10:45PM			
		Lap & Open Swim 8:00PM-10:45PM				
CLOSED at 10:45	CLOSED at 10:45	CLOSED at 10:45	CLOSED at 10:45	CLOSED at 8:45	CLOSED at 8:45	CLOSED at 8:45

**Pool Schedule is subject to change without notice.*

Lap Lanes available during open swim
Diving Board is closed during ALL Water X and Swim Lessons
USA Swim Team (Ends March 1st)
Lap Swim (Adult Swim)
Water Fitness Classes
Swim Lessons
Lap & Open Swim
Scuba Classes
Closed

Indoor Pool Rules
*No running, diving, dunking, being thrown in the air or horseplay.
*Rest periods are called at the quarter hour mark and last for 15 min. until the top of the during summer months and on weekends for children under 18.
*Any child wearing a floatation aid must have a parent or guardian in water, within arms reach at all times.
*Non-walking children may stay in the pool with parent or guardian during rest period.
*Children 5 years and under or non-swimmers must be accompanied in the water by a swimming parent or guardian at all time.
*Children 6-9 must be accompanied by a parent or guardian on deck or in the water.
*Children 10-12 may swim unaccompanied by an adult if they have passed the swim test
*Children 13-15 must have a parent or guardian in the building while swimming at the pool
*No food or alcohol may be brought in from the outside. Coolers are not permitted.
*Glass containers are not permitted.
*All diaper changes must be made in our locker room.
*No food or alcohol in the pool
*All scheduled classes have priority space. You will be limited to open area.