



Premier At Sawmill Athletic Club Pool Hours (9/1/17-12/1/2017)

New hours starting 9/8:

Indoor Weekday Hours: 5:30 AM-10:45 PM

Indoor Weekend Hours: 7:00 AM-8:45 PM

Outdoor Weekday Hours: 5:30 AM-9:45 PM

Outdoor Weekend Hours: 7:00 AM-7:45 PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim 5:30 AM-8:00 AM	Open Swim 5:30 AM-8:00 AM	Open Swim 5:30 AM-9:00 AM	Open Swim 5:30 AM-6:00 AM	Open Swim 5:30 AM-9:00 AM	Open Swim 7:00 AM-9:00 AM	Open Swim 7:00 AM-9:30 AM
Water Aerobics Class 8:00 AM-10:00 AM	Water Aerobics Class 8:00 AM-10:00 AM	Water Aerobics Class 9:00 AM-11:00 AM 1:15 PM-2:00 PM	Water Aerobics Class 6:00 AM-7:00 AM 8:00 AM-9:00 AM 9:15 AM-10:15 AM	Water Aerobics Class 9:00 AM-10:00 AM 12:00 PM-2:00 PM	Swim Lessons 9:00 AM-12:00 PM Water Aerobics Class 9:00 AM-10:00 AM	Water Aerobics Class 9:30 AM-10:30 AM
Open Swim 10:00 AM-4:00 PM	Open Swim 10:00:00 AM-4:00 PM	Open Swim 11:00 AM-1:00 PM 2:00 PM-4:00 PM 5:00 PM-6:00 PM	Open Swim 10:15 AM-4:00 PM	Open Swim 10:00 AM-12:00 PM 2:00 PM-4:00 PM	Open Swim 12:00 PM-8:45 PM	Open Swim 10:30 AM-8:45 PM
USA Swim 3 Lanes Reserved 4:15 PM-5:30 PM	USA Swim 3 Lanes Reserved 4:15 PM-5:15 PM	Water Aerobics Class 4:00 PM-5:00 PM 6:00 PM-8:00 PM	USA Swim 3 Lanes Reserved 4:15 PM-5:15 PM	USA Swim 3 Lanes Reserved 4:15 PM-5:30 PM	Indoor Pool Rules: * No running, diving, dunking, or horseplay. * Rest periods are called at the quarter hour mark and last for 15 minutes (until the top of the hour). 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 and under or non-swimmer must have a swimming parent or guardian in water at all times. * 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 0-15 must have a parent or guardian in the building and pool at all times. * All diaper changes must be made in our locker rooms.	
Water Aerobics Class 4:00 PM-5:00 PM 7:00 PM-8:00 PM	Swim Lessons 4:20 PM-7:15 PM Water Aerobics Class 7:00 PM-8:00 PM	USA Swim 3 Lanes Reserved 6:00 PM-7:15 PM	Swim Lessons 4:20 PM-7:15 PM	Open Swim 5:45 PM-10:45 PM		
Open Swim 5:45 PM-7:00 PM 8:00 PM-10:45 PM	Open Swim 8:00 PM-10:45 PM	Open Swim 5:00 PM-5:45 PM 7:30 PM-10:45 PM	Open Swim 7:30 PM-10:45 PM			
Scuba 7:00 PM-10:30 PM						

- USA Swim (3 lanes reserved) from 9/11-3/2

Visit our Website: www.premieratsawmill.com