



Premier At Sawmill Athletic Club

Indoor Pool Schedule-June 1-August 31, 2018 Visit our website: www.premieratsawmill.com
 Indoor Pool - Monday-Thursday 5:30am-10:45pm Friday 5:30am-9:45pm Saturday-Sunday 7:00am-9:45pm

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

**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

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 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 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.

