



# Premier At Sawmill Athletic Club

## Indoor Pool Schedule-6/1/17-8/31/17

visit our website: [www.premieratsawmill.com](http://www.premieratsawmill.com)

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:00AM	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	Lap Swim 5:30AM-9:00AM Diving Board Closed	<b>CLOSED</b>
6:00AM-6:30AM				Deep Water Dynamics 6:00AM-7:00AM		
6:30AM-7:00AM				Lap Swim 7:00AM-8:00AM		
7:00AM-7:30AM				Aqua Pump & Power 8:00AM-9:00AM		
7:30AM-8:00AM				Lap & Open Swim 9A-9:30A		
8:00AM-8:30AM				Aqua Pump & Power 9:00AM-10:00AM		
8:30AM-9:00AM	Hydro Variety 8:00AM-9:00AM	H2O in Motion 8:00AM-9:00AM	Deep Water Dynamics 9:00AM-10:00AM	Lap & Open Swim 9:30AM-12:30PM	Aqua Pump & Power 9:00AM-10:00AM	Lap Swim 7:00AM-9:00AM Diving Board Closed
9:00AM-9:30AM	Deep Water Dynamics 9:00AM-10:00AM	Aqua Zumba 9:15AM-10A	Swim Lessons 10:00AM-12:00PM	Lap & Open Swim 12:00PM-1:15PM	Lap & Open Swim 10:00AM-11:00AM	Hydro Power Jam 9:00AM-10:00AM
9:30AM-10:00AM	Swim Lessons 10:00AM-12:00PM	Swim Lessons 9:30AM-12:30PM	Lap & Open Swim 12:00PM-1:15PM	Swim Lessons 9:30AM-12:30PM	Sunshine Nursery 11:00AM-12:00PM	Lap & Open Swim 10:00AM-9:45AM
10:00AM-10:30AM	Lap & Open Swim 12:00PM-1:00PM		Hi/Yo 1:15PM-2:00PM			
10:30AM-11:00AM			Lap & Open Swim 2:00PM-4:00PM		Arthritis 1:15PM-2:15PM	
11:00AM-11:30AM					Open & Lap Swim 2:15PM-9:45PM	
11:30AM-12:00PM	Lap & Open Swim 12:00PM-1:00PM		Happy Hour Aerobics 4:00PM-5:00PM			
12:00PM-12:30PM			Swim Lessons 5:00PM-7:30PM		Lap & Open Swim 5:15PM-9:45PM Diving Board Closes at 8:45PM	
12:30PM-1:00PM		Swim Lessons 5:00PM-7:00PM				
1:00PM-1:30PM	Lap & Open Swim 12:00PM-4:00PM	Lap & Open Swim 12:30PM-5:00PM	Lap & Open Swim 8:00PM-10:45PM	Lap & Open Swim 8:00PM-10:45PM	Lap & Open Swim 8:00PM-10:45PM	
1:30PM-2:00PM						WS-GJ 10:15A-11A
2:00PM-2:30PM						WS-TTR 6P-7P
2:30PM-3:00PM						Def. Deep 7:00PM-8:00PM
3:00PM-3:30PM	HHA 4:00PM-5:00PM	Cardio Fusion 7:00PM-8:00PM	Lap & Open Swim 8:00PM-10:45PM	Lap & Open Swim 8:00PM-10:45PM	Lap & Open Swim 8:00PM-10:45PM	
3:30PM-4:00PM	HPJ 7:00PM-8:00PM					
4:00PM-4:30PM	Swim Lessons 5:00PM-7:30PM	Swim Lessons 5:00PM-7:00PM	Lap & Open Swim 8:00PM-10:45PM	Lap & Open Swim 8:00PM-10:45PM	Lap & Open Swim 8:00PM-10:45PM	
4:30PM-5:00PM						Lap & Open Swim 9:30PM-10:45PM
5:00PM-5:30PM						
5:30PM-6:00PM	Lap & Open Swim 8:00PM-10:45PM	Lap & Open Swim 8:00PM-10:45PM	Lap & Open Swim 8:00PM-10:45PM	Lap & Open Swim 8:00PM-10:45PM	Lap & Open Swim 8:00PM-10:45PM	
6:00PM-6:30PM						
6:30PM-7:00PM						
7:00PM-7:30PM						
7:30PM-8:00PM						
8:00PM-8:30PM						
8:30PM-9:00PM						
9:00PM-9:30PM						
9:30PM-10:00PM						
10:00PM-10:30PM						
10:30PM-11:00PM						

SCUBA: (January)
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-July 8th Main Outdoor Pool Closed 2:30p-6:30p
Swim Teams and Dive Teams September 12-February 17

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 minutes (until the top of the hour). During summer months and on weekends for children under 18.
*Any child wearing a flotation 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-swimmer 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 0-15 must have a parent or guardian in the building and pool at all times.
*No food may be brought in from the outside. Food is available at the poolside café or Bistro
*Glass containers are not permitted.
*All diaper changes must be made in our locker rooms.

hill.com

**Sunday**

**CLOSED**

Lap Swim  
7:00AM-9:30AM  
Diving Board Closed

Sunday Splash  
9:30AM-10:30AM

Lap & Open Swim  
10:30AM-4:00PM

Water Spinning-TTR  
4:00PM-5:00PM

Lap & Open Swim  
5:00PM-9:45PM

**CLOSED**

