



Premier At Sawmill Athletic Club

Outdoor Pool Schedule-September 1-28, 2018 Visit our website: www.premieratsawmill.com

Main Pool - Monday-Thursday 5:30am-9:45pm Friday 5:30am-8:45pm Saturday-Sunday 7:00am-8:45pm

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

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

Saturday and Sunday lap lane will be taken out from 11:00AM-6:00PM
Lap Lane will be available for Lap Swimming during open swim in indoor pool
Slide Pool closed on September 4, Main Outdoor Pool closed on September 29
Lap Swim (Adult Swim)
Water Fitness Classes (may be indoors or outdoors)
Lap & Open Swim
Closed

Outdoor 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