



Premier At Sawmill Athletic Club

Outdoor Pool Schedule-May 17th -August 4th, 2019 Visit our website: www.premieratsawmill.com

Main Pool - Monday-Friday 7:00am-9:00pm Saturday-Sunday 7:00am-9:00pm Slide Pool M-F 11a-8p Sat. & Sun. 12-8pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 7:00AM-9:00AM	Lap Swim 7:00AM-9:15AM	Lap Swim 7:00AM-8:30AM	Lap Swim 7:00AM-9:15AM	Lap Swim 7:00AM-9:30AM	CLOSED	CLOSED
	H2O in Motion 8:00AM-9:00AM		Aqua Pump & Power 8:00AM-9:00AM		Lap Swim 7:00AM-8:00AM	Lap Swim 7:00AM-9:30AM
Hydro Variety 8AM-9AM	Aqua Zumba 9:15AM-10:00AM		Aqua Zumba 9:15AM-10:00AM	Aqua pump & power 9:30am-10:00am	Speedo Fit 8am-9am	Sunday Splash 9:30AM-10:30AM
	JR EXPLORERS 9:30AM-10:00AM		JR EXPLORERS 9:30AM-10:00AM		Hydro Power Jam 9:00am-10:00am	
Water Spinning - Gentle Journey 10:15AM-11AM						
Senior fitness 1:15-2:00pm		Premier Summer camp 12:00pm-2:45pm	Premier Summer camp 12:00pm-2:45pm	Premier Summer camp 12:00pm-2:45pm		
Lap & Open Swim 10:00am-9:00pm	Lap & Open Swim 10:00AM-6:30PM	Lap & Open Swim 10:00AM-9:00PM	Lap & Open Swim 10:00AM-7:00PM	Lap & Open Swim 10:00AM-12:00PM	Open Swim 10:00AM-9:00PM	Open Swim 10:30AM-9:00PM
Premier Summer camp 12:00pm-2:45pm	Premier Summer camp 12:00pm-2:45pm			Water Spinning - Gentle Journey 12:00PM-1:00PM		
	COMPASS SCHOOL 1:15PM-2:15PM	Water Spinning - Gentle Journey 12:00PM-12:45PM	COMPASS SCHOOL 1:15PM-2:15PM	Senior water fitness 1:15PM-2:15PM		
		Variety Hi/Yo 1:15PM-2:00PM				
Happy Hour Aerobics 4:00PM-5:00PM				Lap & Open Swim 2:15pm-9:00pm		
	Cardio Fusion 6:30-7:30pm	Happy Hour Aerobics 4:00PM-5:00PM	Aqua Zumba 7:00PM-7:45PM			
Hydro Power Jam 7:30PM-8:30PM	Lap & Open Swim 7:30PM-9:00PM	Water Spinning - Time to Race 5:45PM-6:30PM	Lap & Open Swim 7:45PM-9:00PM			
CLOSED at 9:00pm	CLOSED at 9:00pm	CLOSED at 9:00pm	CLOSED at 9:00pm	CLOSED at 9:00pm	CLOSED at 9:00pm	CLOSED at 9:00pm

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

Rest period will be every 45 mins
Rest period will last 15mins
Lap Swim (Adult Swim)
Water Fitness Classes may move indoors due to weather
Lap Lane will be available for Lap Swimming during open swim in indoor pool
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

