



# Premier At Sawmill Athletic Club

Outdoor Pool Schedule-June 1-August 31 2017

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

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

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
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-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 12-15 must have a parent or guardian in the building while swimming at the pool
*Children 13-15 must have a parent or guardian on the premises of Premier at Sawmill Athletic Club
*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 room
*No food in our indoor pool
*No Alcohol in the water

ll.com

**Sunday**

**CLOSED**

Lap & Open Swim  
7:00AM-11:00AM  
Slide Pool Closed  
until 11:00AM

Sunday Splash  
9:30AM-10:30AM

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

Hydroider-TTR  
4:00PM-5:00PM

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

**CLOSED**

ub