



Pool @ Lock Haven  
April 2nd - April 8th

145 East Water St.  
Lock Haven, PA 17745  
(570) 748-6727

	WED 2	THU 3	FRI 4	SAT 5	SUN 6	MON 7	TUE 8
5am	Lap Swim 5:30am - 8am		Lap Swim 5:30am - 8am			Lap Swim 5:30am - 8am	
6am		POOL CLOSED 6am - 8pm					Lap Swim 6am - 8am
8am	3 Lanes lap/1 Lane Open 8am - 8:50am		3 Lanes lap/1 Lane Open 8am - 8:50am	Lap Swim 8:30am - 12pm		3 Lanes lap/1 Lane Open 8am - 8:50am	Open Swim - 1 Lap Lane Open 8am - 10:30am
9am	Twinges: Traditional Harry Bower 9am - 10am		Twinges: Traditional Harry Bower 9am - 10am			Twinges: Traditional Harry Bower 9am - 10am	
10am	Open Swim - 1 Lap Lane Open 10am - 11am		Open Swim - 1 Lap Lane Open 10am - 11am		Lap Swim 10am - 1pm	Open Swim - 1 Lap Lane Open 10am - 11am	Aquasize Harry Bower 10:30am - 11:30am
11am	Lap Swim 11am - 12:50pm		Lap Swim 11am - 12:50pm			Lap Swim 11am - 12:50pm	Lap Swim 11:30am - 1pm
12pm				Open Swim 12pm - 5pm			
1pm	Twinges: Dynamic Holly Fishter 1pm - 2pm		Twinges: Dynamic Holly Fishter 1pm - 2pm		Open Swim 1pm - 5pm	Twinges: Dynamic Holly Fishter 1pm - 2pm	Open Swim 1pm - 5pm
2pm	Open Swim 2pm - 8pm		Open Swim 2pm - 5pm			Open Swim 2pm - 8pm	
5pm			POOL CLOSED 5pm - 8pm				Water Aerobics Tammie Dutton 5pm - 6pm
6pm							Swim Lessons 6pm - 8pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.