



Pool @ Lock Haven
July 19th - July 25th

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

	SAT 19	SUN 20	MON 21	TUE 22	WED 23	THU 24	FRI 25
5am			Lap Swim 5:30am - 8am		Lap Swim 5:30am - 8am		Lap Swim 5:30am - 8am
6am				Lap Swim 6am - 8am		Lap Swim 6am - 8am	
8am	POOL CLOSED 8:30am - 5pm		3 Lanes lap/1 Lane Open 8am - 8:50am	3 Lanes lap/1 Lane Open 8am - 8:50am	3 Lanes lap/1 Lane Open 8am - 8:50am	3 Lanes lap/1 Lane Open 8am - 8:50am	3 Lanes lap/1 Lane Open 8am - 8:50am
9am			Twinges: Traditional Harry Bower 9am - 10am	Aquasize Harry Bower 9am - 10am	Twinges: Traditional Harry Bower 9am - 10am	Aquasize Harry Bower 9am - 10am	Twinges: Traditional Harry Bower 9am - 10am
10am		Lap Swim 10am - 1pm	Open Swim - 1 Lap Lane Open 10am - 11am	Water Yoga Harry Bower 10am - 11am	POOL CLOSED 10:15am - 11:30am	Water Yoga Harry Bower 10am - 11am	Open Swim - 1 Lap Lane Open 10am - 11am
11am			Lap Swim 11am - 12:50pm	Lap Swim 11am - 1pm	Lap Swim 11:30am - 12:50pm	POOL CLOSED 11:30am - 12:30pm	Lap Swim 11am - 12:50pm
12pm						Open Swim 12:30pm - 5pm	
1pm		Open Swim 1pm - 2pm	Twinges: Dynamic Janine Bruno 1pm - 2pm	Open Swim 1pm - 5pm	Twinges: Traditional Jamie Trostle 1pm - 2pm		Twinges: Traditional Jamie Trostle 1pm - 2pm
2pm			Open Swim 2pm - 8pm		Open Swim 2pm - 8pm		Open Swim 2pm - 6pm
5pm				Water Aerobics Tammie Dutton 5pm - 6pm		Water Aerobics Tammie Dutton 5pm - 6pm	
6pm				Swim Lessons 6pm - 8pm		Swim Lessons 6pm - 8pm	Open Swim - 2 Lap Lanes Open 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.