



pcaquatics

A higher degree of play

May Lap Pool Schedule

- Coached Swim included in class pass or daily class drop in fee.
- Stroke Development: Coached workout with focus on stroke drills.
 - HIIT: Fast Fridays! Coached workout focusing on paced sets.
 - Note: Swim Team and Swim Lessons begin in June.
- Call the Aquatics office with any other Aquatics related questions at 615-5409.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stroke Development 12:15 - 1:30pm Open Swim 3:00 - 7:00pm Memorial Day May 25th Open Swim 12:00 - 7:00pm No Coached Workout	Open Swim 3:00 - 7:00pm	Stroke Development 12:15 - 1:30pm Open Swim 3:00 - 7:00pm	Open Swim 3:00 - 7:00pm	HIIT 12:15 - 1:30pm Open Swim 3:00 - 7:00pm	Open Swim 12:00 - 5:00pm	Open Swim 12:00 - 5:00pm

Park City Recreation
 1200 Little Kate Road
 435-615-5400
www.parkcityrecreation.org