



# HRH LAP POOL SCHEDULE— Jan 6–March 22

Lane space is subject to change due to programs. There is a minimum of one lap lane open at all times. We offer group and private swim lessons throughout the year. Please review all codes of conduct and facility etiquette rules located in the pool area.

MON	TUE	WED	THURS	FRI	SAT
PLAY & LEARN HRS: 8am–2pm, 4–8:30pm	PLAY & LEARN HRS: 8am–2pm, 4–8:30pm	PLAY & LEARN HRS: 8am–2pm, 4–8:30pm	PLAY & LEARN HRS: 8am–2pm, 4–8:30pm	PLAY & LEARN HRS: 8am–2pm, 4–8:30pm	PLAY & LEARN HRS: 8am–2pm
5–7:55am <b>Lap Swim</b> (4) Lap Lanes	5–8:40am <b>Lap Swim</b> (4) Lap Lanes	5–7:55am <b>Lap Swim</b> (4) Lap Lanes	5–9:25am <b>Lap Swim</b> (4) Lap Lanes	5–7:55am <b>Lap Swim</b> (4) Lap Lanes	
8–8:55 am <b>Shallow Water Aerobics</b> (1) Lap Lane	8:45–9:30am <b>\$ Small Group Training \$</b> (2) Lap Lane	8–8:55 am <b>Shallow Water Aerobics</b> (1) Lap Lane		8–8:55 am <b>Shallow Water Aerobics</b> (1) Lap Lane	7–8:25am <b>Lap Swim</b> (4) Lap Lanes
9–9:55 am <b>Shallow Water Aerobics</b> (1) Lap Lane	9:30–10:25am <b>Shallow Water Aerobics</b> (1) Lap Lane	9–9:55 am <b>Shallow Water Aerobics</b> (1) Lap Lane	9:30–10:25am <b>Shallow Water Aerobics</b> (1) Lap Lane	9–9:55 am <b>Shallow Water Aerobics</b> (1) Lap Lane	8:30–9:25am <b>Shallow Water Aerobics</b> (1) Lap Lane
10–10:45 am <b>Aqua Zumba</b> (1) Lap Lane	10:30–11:25am <b>Deep Water Exercise</b> (1) Lap Lane	10–10:45 am <b>Aqua Zumba</b> (1) Lap Lane	10:30–11:25am <b>Deep Water Exercise</b> (1) Lap Lane	10–10:45 am <b>Aqua Zumba</b> (1) Lap Lane	9:30am–12:05pm <b>Swim Lessons</b> (1) Lap Lane
11–11:55am <b>AOA Water Aerobics</b> (1) Lap Lane	11:30am–5:30pm <b>Lap Swim</b> (4) Lap Lanes	11–11:55am <b>AOA Water Aerobics</b> (1) Lap Lane	11:30am–6:25pm <b>Lap Swim</b> (4) Lap Lanes	11–11:55am <b>AOA Water Aerobics</b> (1) Lap Lane	12:05–6:45pm <b>Lap Swim</b> (4) Lap Lanes
12–4:45pm <b>Lap Swim</b> (4) Lap Lanes		12– 4:45pm <b>Lap Swim</b> (4) Lap Lanes		12—9:45pm <b>Lap Swim</b> (4) Lap Lanes	
4:50–6:25pm <b>Swim Lessons</b> (1) Lap Lane	5:35– 7:10 pm <b>Swim Lessons</b> (1) Lap Lane	4:50–6:25pm <b>Swim Lessons</b> (1) Lap Lane	6:30–7:10pm <b>Swim Lessons</b> (1) Lap Lane	11am–3:30pm <b>Lap Swim</b> (4) Lap Lanes	
6:30–7:25pm <b>Shallow Water Aerobics</b> (1) Lap Lane	7:15–9:45pm <b>Lap Swim</b> (4) Lap Lanes	6:30–7:25pm <b>Shallow Water Aerobics</b> (1) Lap Lane	7:15–8:40pm <b>Swim Lessons</b> (2) Lap Lane	3:30–5:45pm <b>Swim Lessons</b> (1) Lap Lane	
7:30–8:30 pm <b>Deep Water Aerobics</b> (1) Lap Lane		7:30–8:30 pm <b>Deep Water Aerobics</b> (1) Lap Lane	8:30–9:45pm <b>Lap Swim</b> (4) Lap Lanes		8:40–9:45pm <b>Lap Swim</b> (4) Lap Lanes
8:30–9:45pm <b>Lap Swim</b> (4) Lap Lanes		8:30–9:45pm <b>Lap Swim</b> (4) Lap Lanes			

**SUN**  
PLAY & LEARN HRS:  
CLOSED



# HRH PROGRAM POOL SCHEDULE– Jan 6 to March 22

Programs (water exercise or swim lessons) that are running, may result in the features to be turned off. If a scheduled program does not run it could result in open swim for that session.

MON	TUE	WED	THURS	FRI	SAT
PLAY & LEARN HRS: 8am-2pm, 4-8:30pm	PLAY & LEARN HRS: 8am-2pm, 4-8:30pm	PLAY & LEARN HRS: 8am-2pm, 4-8:30pm	PLAY & LEARN HRS: 8am-2pm, 4-8:30pm	PLAY & LEARN HRS: 8am-2pm, 4-8:30pm	PLAY & LEARN HRS: 8am-2pm
8:30-9:30am <b>Open Swim</b>	8:30-9:25am <b>AOA Only</b>	8:30-9:30 am <b>Open Swim</b>	8:30-9:25am <b>AOA only</b>	8:30-11:45am <b>Open Swim</b>	9:00am-12:00pm <b>Swim Lessons Only</b>
15 Min Guard Break	9:30-10:15am <b>Open Swim/Share with swim lessons</b>	15 Min Guard Break	9:30-10:15am <b>Open Swim/Share with swim lessons</b>		12:00-6:45pm <b>Open Swim</b>  <i>Slide Open 1-5:00 pm</i>
9:45-11:45am <b>Open Swim / Shared with swim lessons</b>	15 Min Guard Break	9:45-11:45am <b>Open Swim / Shared with swim lessons</b>	15 Min Guard Break		
15 Min Guard Break	10:30-11:25am <b>AOA Only</b>	15 Min Guard Break	10:30-11:25am <b>AOA Only</b>		
12-12:55pm <b>Arthritis</b>	11:45am—12:30 <b>Aqua Mobility</b>	15 Min Guard Break	11:45am—12:30 <b>Aqua Mobility</b>	15 Min Guard Break	
1-1:55pm <b>AOA</b>	15 Min Guard Break	12-12:55pm <b>Arthritis</b>	15 Min Guard Break	12-12:55pm <b>Arthritis</b>	
POOL CLOSED 2-4:30 pm	12:45- 5:45 pm <b>Open Swim</b>  <i>Share With Swim Lesson 1:15-1:45 and 5:10-5:40pm</i>	POOL CLOSED 2-4:30pm	12:45-5:50 pm <b>Open Swim</b>	1-1:55pm <b>AOA only</b>	
4:30-5:30 pm <b>Open Swim Share with swim lessons</b>	5:45-6:30pm <b>Swim Lessons ONLY</b>	4:30-5:30 pm <b>Open Swim Share with swim lessons</b>	5:55-6:25 pm <b>Swim Lessons Only</b>	4:30-7:00pm <b>Open Swim</b>  <i>Slide Open 5-7 pm</i>	
5:30-6:40pm <b>Swim Lessons ONLY</b>	6:30-7:35pm <b>Shallow Water Aerobics</b>	5:30-6:40pm <b>Swim Lessons ONLY</b>	6:30-7:25pm <b>Shallow Water Aerobics</b>	11:30am-3:00 pm <b>Open Swim</b>  <i>Slide Open 1-3pm</i>	
15 Min Guard Break	15 Min Guard Break	15 Min Guard Break	15 Min Guard Break	15 Min Guard Break	
7-9 pm <b>Open Swim</b>  <i>Slide Open TBD</i>	7:45-9 pm <b>Open Swim</b>	7-9 pm <b>Open Swim</b>  <i>Slide Open TBD</i>	7:45-9 pm <b>Open Swim</b>	7:15-9:00pm <b>Open Swim</b>	

## SUN

PLAY & LEARN HRS:  
CLOSED

### SCHEDULE CODE:

**OPEN SWIM**

**PAID  
PROGRAMS \$**

**POOL CLOSED**

**WATER  
FITNESS**

\*Please review all the codes of conduct and facility etiquette rules located in the pool area.

Anyone 10 and under must have an adult with them in the pool area at all times. Any non-swimmer must have an adult in the water with them at all times. Inflatable devices are prohibited. You must wear a coast guard approved device if you need flotation assistance. Proper swim attire must be worn in all bodies of water (basketball shorts, jeans, workout clothes, and leotards are prohibited). Everyone must shower before entering all the bodies of water.