

HRC FITNESS POOL SCHEDULE

May 2017

Pool Opens @ 5:00 a.m.					Pool Opens @ 8:00 a.m.	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
					9:00am-1:15pm Group Lessons	
					1:30-3:30 pm POOL PARTIES	
8	9	10	11	12	13	14
9:00-9:45 am Aqua Aerobics		9:00-9:45 am Aqua Aerobics		9:00-9:45 am Aqua Aerobics	9:00am-1:15pm Group Lessons	
10:00-10:45 am Aqua Aerobics	12:00-1:00pm Swim Inc**	10:00-10:45 am Aqua Aerobics		10:00-10:45 am Aqua Aerobics	1:30-3:30 pm POOL PARTIES	
10:45-12:00 pm Aqua Volley	4:00-8:15 pm Group Lessons	10:45-12:00 pm Aqua Volley	4:50-7:30 pm Group Lessons	10:45-12:00 pm Aqua Volley		
4:50 pm-8:00 pm Group Lessons	7:00-8:00 pm Aqua Aerobics	4:50-8:00 pm Group Lessons	7:00-8:00 pm Aqua Aerobics	4:15-7:45 pm Group Lessons		
15	16	17	18	19	20	21
9:00-9:45 am Aqua Aerobics		9:00-9:45 am Aqua Aerobics		9:00-9:45 am Aqua Aerobics		
10:00-10:45 am Aqua Aerobics	12:00-1:00pm Swim Inc**	10:00-10:45 am Aqua Aerobics		10:00-10:45 am Aqua Aerobics		
10:45-12:00 pm Aqua Volley	4:00-8:15 pm Group Lessons	10:45-12:00 pm Aqua Volley	4:50-7:30 pm Group Lessons	10:45-12:00 pm Aqua Volley		
	7:00-8:00 pm Aqua Aerobics		7:00-8:00 pm Aqua Aerobics	4:15-7:45 pm Group Lessons		
22	23	24	25	26	27	28
9:00-9:45 am Aqua Aerobics	12:00-1:00pm Swim Inc**	9:00-9:45 am Aqua Aerobics		9:00-9:45 am Aqua Aerobics	9:00am	
10:00-10:45 am Aqua Aerobics		10:00-10:45 am Aqua Aerobics		10:00-10:45 am Aqua Aerobics	1:30-3:30 pm POOL PARTIES	
10:45-12:00 pm Aqua Volley	7:00-8:00 pm Aqua Aerobics	10:45-12:00 pm Aqua Volley	7:00-8:00 pm Aqua Aerobics	10:45-12:00 pm Aqua Volley		
29	30	31				
CLOSED	12:00-1:00pm Swim Inc**	9:00-9:45 am Aqua Aerobics	10:00am-12:30pm Group Lessons	9:00-9:45 am Aqua Aerobics	9:00am-2:15pm Group Lessons	
CLOSED	4:00-8:30 pm Group Lessons	10:00-10:45 am Aqua Aerobics	4:50-8:15 pm Group Lessons	10:00-10:45 am Aqua Aerobics	1:30-3:30 pm POOL PARTIES	
CLOSED	7:00-8:00 pm Aqua Aerobics	10:45-12:00 pm Aqua Volley	7:00-8:00 pm Aqua Aerobics	10:45-12:00 pm Aqua Volley		
CLOSED		4:15-8:30 pm Group Lessons		4:15-7:45 pm Group Lessons		

*** OPEN SWIM EVERYDAY FOR MEMBERS FROM POOL OPENING TO POOL CLOSING ***

Club Hours: Mon.-Thurs. 5:00 am - 10:00 pm, Fri. 5:00 am - 9:00 pm, Sat 6:00 am - 6:00 pm, Sun 8:00 am- 4:00 pm

NOTE: We always try to keep at least one lane open for members. If a lane is not available, please ask the lifeguard and we will try to open one.

When necessary, we will follow a 30 minute time limit. Thank you for your understanding.

** Swim Inc is a special program for adults with mobility impairments, for more information email info@swim-inc.org

Please direct issues to the Aquatics Director, Megan Phillips. mphillips@hrcfitness.com