

HRC FITNESS POOL SCHEDULE FOR AUGUST 2017

Pool Opens at 5:00 a.m.					at 6:00 a.m	at 8:00 a.m
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
		8:00-8:45am Aqua Aerobics		8:00-8:45am Aqua Aerobics	9:00am-2:00pm Group Lessons	
	9:00-3:45 Summer Camps	9-10, 11-2pm Summer Camps		9-10, 1-4pm Summer Camps	1:30-3:30 pm POOL PARTIES	
	1:00-5:30pm ISR Instructor	10-12pm Aqua Aerobics/Volley	10:00-3:45PM Summer Camps	10:00-10:45am Aqua Aerobics		12:00-4:00pm ISR Instructor
	4:00-8:15pm Group Lessons	12:00-1:00pm Swim Inc	4:00-8:00pm Group Lessons	10:45-12:00pm Aqua Volley		
	7:00-8:00pm Aqua Aerobics	4:00-8:15pm Group Lessons	7:00-8:00pm Aqua Aerobics	4:15-7:45pm Group Lessons		
7	8	9	10	11	12	13
8:00-8:45am Aqua Aerobics	9-11, 12:30-4pm Summer Camps	8:00-8:45am Aqua Aerobics		8:00-8:45am Aqua Aerobics	9:00am-2:00pm Group Lessons	
9-10am, 11-4pm Summer Camps	11:30-12:30pm Swim Inc	9-10, 11-2pm Summer Camps		9-10, 1-4pm Summer Camps	1:30-3:30 pm POOL PARTIES	
10:00-10:45am Aqua Aerobics	1:00-5:30pm ISR Instructor	10:00-10:45am Aqua Aerobics	10:00-3:45PM Summer Camps	10:00-10:45am Aqua Aerobics		12:00-4:00pm ISR Instructor
10:45-12:00pm Aqua Volley	4:00-8:15pm Group Lessons	10:45-12:00pm Aqua Volley	4:00-8:00pm Group Lessons	10:45-12:00pm Aqua Volley		
4:00-8:15pm Group Lessons	7:00-8:00pm Aqua Aerobics	4:00-8:15pm Group Lessons	7:00-8:00pm Aqua Aerobics	4:15-7:45pm Group Lessons		
14	Session #4 Make Up Day 15	16	Session #4 Make Up Day 17	Session #4 Make Up Day 18	Session #4 Make Up Day 19	20
				8:00-8:45am Aqua Aerobics	9:00am-2:00pm Group Lessons	
8:00-8:45am Aqua Aerobics	9:00-3:45pm Summer Camps	8:00-8:45am Aqua Aerobics		9-10, 1-4pm Summer Camps	1:30-3:30 pm POOL PARTIES	
9-10am, 11-4pm Summer Camps	1:00-5:30pm ISR Instructor	9-10, 11-2pm Summer Camps	10:00-3:45PM Summer Camps	10:00-10:45am Aqua Aerobics		12:00-4:00pm ISR Instructor
10:00-10:45am Aqua Aerobics	4:00-8:15pm Group Lessons	10-12pm Aqua Aerobics/Volley	4:00-8:00pm Group Lessons	10:45-12:00pm Aqua Volley	American Red Cross WSI 1:00-6:00pm	
10:45-12:00pm Aqua Volley	7:00-8:00 pm Aqua Aerobics	12:00-1:00pm Swim Inc	7:00-8:00pm Aqua Aerobics	4:15-7:45pm Group Lessons	*Email Hailey Bein for more info	
21	22	23	24	25	26	27
8:00-8:45am Aqua Aerobics	9-10, 12:30-4pm Summer Camps	8:00-8:45am Aqua Aerobics		8:00-8:45am Aqua Aerobics		
11:00-4:00pm Summer Camps	11:30-12:30pm Swim Inc	11:00-2:00pm Summer Camps	10:00-3:45PM Summer Camps	9-10, 1-4pm Summer Camps	1:30-3:30 pm POOL PARTIES	
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10:45-12:00pm Aqua Volley	7:00-8:00 pm Aqua Aerobics	10:45-12:00pm Aqua Volley	7:00-8:00pm Aqua Aerobics	10:45-12:00pm Aqua Volley	American Red Cross WSI 1:00-6:00pm	
Swim Academy Intensives Session 4B Monday - Friday 4:00-6:30pm					*Email Hailey Bein for more info	
28	29	30	31			
8:00-8:45am Aqua Aerobics	12:30-1:30pm Summer Camps	8:00-8:45am Aqua Aerobics	CLOSED FOR YEARLY MAINTANCE			
11:00-4:00pm Summer Camps	11:30-12:30pm Swim Inc	11:00-12:00pm Summer Camps				
10:00-10:45am Aqua Aerobics	1:00-5:30pm ISR Instructor	CLOSED FOR YEARLY MAINTANCE				
10:45-12:00pm Aqua Volley	7:00-8:00 pm Aqua Aerobics	CLOSED FOR YEARLY MAINTANCE				
**** 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						
Pool Hours: Mon/Wed/Thurs 5:00am-9:45pm, Tues 5:00am-9:00pm, Fri 5:00am-8:45pm, Sat 6:00am-5:45pm, Sun 5:00am-3:45pm						
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.						