

# HRC FITNESS POOL SCHEDULE FOR OCTOBER 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
						<b>1</b>
					9:00am-2:00pm Group Lessons	
					1:30-3:30 pm POOL PARTIES	
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9:00-9:45am Aqua Aerobics	12:00-1:00pm Swim Inc	8:00-8:45am Aqua Aerobics		8:00-8:45am Aqua Aerobics	9:00am-2:00pm Group Lessons	
10:00-10:45am Aqua Aerobics	1:00-5:30pm ISR Instructor	10:00-10:45am Aqua Aerobics		10:00-10:45am Aqua Aerobics	1:30-3:30 pm POOL PARTIES	
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		Session #6 FREE
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		Eval Day 1:30-3:00pm
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:00-9:45am Aqua Aerobics	12:00-1:00pm Swim Inc	9:00-9:45am Aqua Aerobics		9:00-9:45am Aqua Aerobics	9:00am-2:00pm Group Lessons	
10:00-10:45am Aqua Aerobics	1:00-5:30pm ISR Instructor	10:00-10:45am Aqua Aerobics		10:00-10:45am Aqua Aerobics	1:30-3:30 pm POOL PARTIES	
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		12:00-4:00pm ISR Instructor
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		
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:00-9:45am Aqua Aerobics	12:00-1:00pm Swim Inc	9:00-9:45am Aqua Aerobics		9:00-9:45am Aqua Aerobics	9:00am-2:00pm Group Lessons	
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4:00-8:15pm Group Lessons	7:00-8:00pm Aqua Aerobics	4:00-8:15pm Group Lessons	7:00-8:00pm Aqua Aerobics	4:00-8:15pm Group Lessons		
Session #5 Make Up Day 23	Session #5 Make Up Day 24	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	Session #5 Make Up Day 29
9:00-9:45am Aqua Aerobics	12:00-1:00pm Swim Inc	9:00-9:45am Aqua Aerobics		9:00-9:45am Aqua Aerobics	9:00am-2:00pm Group Lessons	
10:00-10:45am Aqua Aerobics	1:00-5:30pm ISR Instructor	10:00-10:45am Aqua Aerobics		10:00-10:45am Aqua Aerobics	1:30-3:30 pm POOL PARTIES	
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4:00-8:15pm Group Lessons	7:00-8:00pm Aqua Aerobics		7:00-8:00pm Aqua Aerobics		Eval Day 1:00-3:30pm	
Swim Session #6 begins 30	<b>31</b>					
9:00-9:45am Aqua Aerobics	12:00-1:00pm Swim Inc					
10:00-10:45am Aqua Aerobics	1:00-5:30pm ISR Instructor					
10:45-12:00pm Aqua Volley	4:00-8:15pm Group Lessons					
4:00-8:15pm Group Lessons	7:00-8:00pm Aqua Aerobics					

\*\*\* 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.

\*\* 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, Scott Reiners. sreiners@hrcfitness.com