

HRC FITNESS POOL SCHEDULE FOR DECEMBER 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
				8:00-8:45am Aqua Aerobics	8:30am-1:15pm Group Lessons	
				10:00-10:45am Aqua Aerobics	1:30-3:30 pm POOL PARTIES	
				10:45-12:00pm Aqua Volley	American Red Cross WSI course 1:00-6:00pm *email Hailey Bein for more info	
				4:15-7:45pm Group Lessons		
4	5	6	7	8	9	10
9:00-9:45am Aqua Aerobics	12:00-1:00pm Swim Inc	8:00-8:45am Aqua Aerobics		8:00-8:45am Aqua Aerobics	8:30am-1:15pm Group Lessons	
10:00-10:45am Aqua Aerobics	1:00-5:30pm ISR Instructor	10:00-10:45am Aqua Aerobics	1:10-2:10pm Group Lessons	10:00-10:45am Aqua Aerobics	1:30-3:30 pm POOL PARTIES	
10:45-12:00pm Aqua Volley	4:50-8:30pm Group Lessons	10:45-12:00pm Aqua Volley	4:00-8:00pm Group Lessons	10:45-12:00pm Aqua Volley		2018 Session #1 FREE
4:30-8:15pm Group Lessons	7:00-8:00pm Aqua Aerobics	4:15-8:30pm Group Lessons	7:00-8:00pm Aqua Aerobics	4:15-7:45pm Group Lessons		Eval Day 1:30-3:00pm
11	12	13	14	15	16	17
9:00-9:45am Aqua Aerobics	12:00-1:00pm Swim Inc	8:00-8:45am Aqua Aerobics		8:00-8:45am Aqua Aerobics	8:30am-1:15pm Group Lessons	
10:00-10:45am Aqua Aerobics	1:00-5:30pm ISR Instructor	10:00-10:45am Aqua Aerobics	1:10-2:10pm Group Lessons	10:00-10:45am Aqua Aerobics	1:30-3:30 pm POOL PARTIES	
10:45-12:00pm Aqua Volley	4:50-8:30pm 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	4:15-8:30pm Group Lessons	7:00-8:00pm Aqua Aerobics	4:15-7:45pm Group Lessons		
18	19	20	21	22	23	24
9:00-9:45am Aqua Aerobics		8:00-8:45am Aqua Aerobics		8:00-8:45am Aqua Aerobics	1:30-3:30 pm POOL PARTIES	
10:00-10:45am Aqua Aerobics	12:00-1:00pm Swim Inc	10:00-10:45am Aqua Aerobics		10:00-10:45am Aqua Aerobics		12:00-4:00pm ISR Instructor
10:45-12:00pm Aqua Volley	1:00-5:30pm ISR Instructor	10:45-12:00pm Aqua Volley		10:45-12:00pm Aqua Volley		
	7:00-8:00pm Aqua Aerobics					
25	26	27	28	29	30	31
Club Closed for Christmas	12:00-1:00pm Swim Inc	8:00-8:45am Aqua Aerobics			1:30-3:30 pm POOL PARTIES	
	1:00-5:30pm ISR Instructor	10:00-10:45am Aqua Aerobics	1:10-2:10pm Group Lessons		2018 Session #1 FREE	12:00-4:00pm ISR Instructor
	4:50-8:30pm Group Lessons	10:45-12:00pm Aqua Volley	4:00-8:00pm Group Lessons		Eval Day 1:30-3:00pm	
	7:00-8:00pm Aqua Aerobics	4:15-8:30pm 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