



MAIN POOL SCHEDULE

Two lap lanes are always available. Lane sharing may be required.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
					CLOSED	CLOSED		
5:00 - 9:00 AM FITNESS SWIM (ages 14+ only)	5:00 - 9:00 AM FITNESS SWIM (ages 14+ only)	5:00 - 9:00 AM FITNESS SWIM (ages 14+ only)	5:00 - 9:00 AM FITNESS SWIM (ages 14+ only)	5:00 - 9:00 AM FITNESS SWIM (ages 14+ only)	7:00 - 9:00 AM FITNESS SWIM (ages 14+ only)	8:00 - 10:00 AM FITNESS SWIM (ages 14+ only)		
OPEN SWIM (All ages) 9:00-6:30pm	9:00 - 10:00 AM AQUA FITNESS 4 LANES	OPEN SWIM (All ages) 9:00-5:00pm	9:00 - 10:00 AM AQUA FITNESS 4 LANES	OPEN SWIM (All ages) 9:00-4:30pm	9:00 - 10:00 AM AQUA FITNESS 4 LANES	10:00 - 11:00 AM AQUA FITNESS 4 LANES		
	GROUP LESSONS \$ Starfish III: 5:30-6:30pm Hammerheads: 5:30-6:30pm Stingray: 6:00-6:30pm		5:15 - 6:00 PM AQUA FITNESS 3 LANES		GROUP LESSONS \$ Starfish III: 5:30-6:30pm Hammerheads: 5:30-6:30pm Stingray: 6:00-6:30pm		4:30 - 7:30 PM REC SWIM 3 LANE LINES REMOVED	10:00 - 1:00PM GROUP LESSONS \$ Adult Level 1: 10:00-11:00am Hammerheads: 10:00-11:00am Adult Level 2: 11:00-12:00pm Starfish III: 11:30-12:00pm Stingray: 12:00-12:30pm
								1:00 - 5:30 PM REC SWIM 3 LANE LINES
6:30 - 7:15 PM AQUA FITNESS 3 LANES	OPEN SWIM (All ages) 6:30-8:30pm	GROUP LESSONS \$ Hammerheads: 5:30-6:30pm Adult Level 1: 7:00-8:00pm	OPEN SWIM (All ages) 6:30-8:30pm	OPEN SWIM (All ages) 6:30-8:30pm	CLOSED	CLOSED		
OPEN SWIM (All Ages) 7:15-8:30pm		OPEN SWIM (All Ages) 8:00pm-8:30pm						

THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					CLOSED	CLOSED
5:00 - 12:00 PM FITNESS SWIM (ages 14+ only)	5:00 - 9:00 AM FITNESS SWIM (ages 14+ only)	5:00 - 12:00 PM FITNESS SWIM (ages 14+ only)	5:00 - 9:00 AM FITNESS SWIM (ages 14+ only)	5:00 - 12:00 PM FITNESS SWIM (ages 14+ only)	7:00 - 9:00 AM FITNESS SWIM 14+	8:00 - 10:00 AM FITNESS SWIM 14+
	9:00 - 10:00 AM AQUA FITNESS		9:00 - 10:00 AM AQUA FITNESS		9:00 - 10:00 AM AQUA FITNESS	10:00 - 11:00 AM AQUA FITNESS
	10:00 - 12:00 PM FITNESS SWIM (ages 14+ only)		10:00 - 12:00 PM FITNESS SWIM (ages 14+ only)		10:00 - 12:00 PM FITNESS SWIM (ages 14+ only)	LESSON PRIORITY Starfish I: 10:30-11:00 Starfish II: 11:00-11:30 Aquatots: 11:30-12:00 Privates: 11:30am-1pm
OPEN SWIM (All ages) 12:00-3:00pm	OPEN SWIM (All ages) 12:00-3:00pm	OPEN SWIM (All ages) 12:00-3:00pm	OPEN SWIM (All ages) 12:00-3:00pm	OPEN SWIM (All ages) 12:00-3:00pm	OPEN SWIM (All ages) 12:30-5:30pm	OPEN SWIM (All Ages)
PRIVATE LESSON PRIORITY 3:00-7:00pm	PRIVATE & GROUPS 3:00-7:00 PM Starfish I: 4:30-5:00 Starfish II: 5-6:30	PRIVATE LESSON PRIORITY 3:00-7:00pm	PRIVATE & GROUPS 3:00-7:00 PM Starfish I: 4:30-5:00 Starfish II: 5-6:30	PRIVATE LESSON PRIORITY 3:00-6:30pm		
OPEN SWIM (All Ages) 7:00-8:30pm	OPEN SWIM (All Ages) 7:00-8:30pm	OPEN SWIM (All Ages) 7:00-8:30pm	OPEN SWIM (All Ages) 7:00-8:30pm	OPEN SWIM (All Ages) 6:30-7:30pm		
				CLOSED	CLOSED	CLOSED

During the indicated lesson and class activity times, the programs have priority in the pool.
We appreciate your cooperation if asked to share space or clear the area during these times.

POOL SAFETY & POLICIES

Youth ages 13 and under may **NOT** use the pool without direct adult supervision.

Ages 14-17 may use the Aquatics Facility without adult supervision **ONLY** after passing the Teen-Fit certification.

New swimmers and those with health or other concerns should use added caution. Adults are responsible for the safety, supervision, and appropriate behavior of their own children or any minor guests. An adult must be near the water, keeping young children or new swimmers within arms' reach.

Members may bring small inflatables (3' or less) or toys to the outside pool or inside during Rec Swim as long as the inflatables are not a safety hazard or disturb others.

The outdoor recreation pool is open year round, and heated during the Summer. The outdoor hot tub is for rest and relaxation.

HFAC pools are not public facilities and do not offer lifeguards. Swimming is always at your own risk.

Never Swim Alone.

AQUATICS DESCRIPTIONS

OPEN SWIM: All ages welcome. The pool is shared for swimming, play, and exercise. Two lap lanes remain reserved for lap swimming.

REC SWIM: Lane lines are removed for recreational swimming and play. HFAC provides some toys and some inflatables are allowed. Two lap lanes remain reserved for lap swimming.

FITNESS SWIM: Lap swimming and exercise. Age 14+ only.

AQUA FITNESS CLASSES: Classes have exclusive use of the Therapy Pool and up to three lap lanes for low-impact strength and cardio workouts. See the Group Exercise Schedule for details. Two lap lanes remain reserved for lap swimming.

PRIVATE LESSON PRIORITY: During private lessons, one lap lane or the Therapy Pool may be reserved. We appreciate your cooperation if you are asked to clear the area for lessons.

GROUP LESSON & SWIM TEAM PRIORITY: During these programs, two lap lanes or the Therapy Pool may be reserved. We appreciate your cooperation if you are asked to clear the area for lessons.