



Fitness Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday					
5:30a-7:00a	Swim Fitness	Swim Fitness	Swim Fitness	Swim Fitness	Swim Fitness	5:30a-6:00a	Closed	5:30a-6:00a	Closed					
7:00a-8:00a										6:00a-7:00a		6:00a-7:00a		
8:00a-9:00a				Aqua Fit			Aqua Fit		Swim Fitness	7:00a-8:00a	Swim Fitness			
9:00a-10:00a		Open/Lap Swim		Open/Lap Swim		Open/Lap Swim	TR 1:1	TR Swim Group	8:00a-8:30a	TR 1:1	8:00a-8:30a	Open/Lap Swim		
10:00a-11:00a														8:30a-9:00a
11:00a-11:30a									9:00a-10:00a				9:00a-10:00a	
11:30a-12:00p									10:00a-11:00a				10:00a-11:00a	
12:00p-12:30p									11:00a-12:00p				11:00a-12:00p	
12:30p-1:00p									12:00p-12:30p				12:00p-12:30p	
1:00p-1:30p									12:30p-1:00p				12:30p-1:00p	
1:30p-2:00p									1:00p-2:00p		Open / Lap Swim		1:00p-2:00p	Open/Lap Swim
2:00p-2:30p									2:00p-3:00p				2:00p-3:00p	
2:30p-3:00p							Thrilling Thursdays				3:00p-4:00p			3:00p-4:00p
3:00p-4:30p						4:00p-4:30p		4:00p-4:30p						
4:30p-5:30p						4:30p-5:00p		4:30p-5:00p						
5:30p-6:30p						5:00p-6:00p		5:00p-6:00p						
6:45p-7:00p		Aqua Fit				6:00p-7:00p		6:00p-7:00p						
7:00p-8:00p						7:00p-8:00p		7:00p-8:00p	Closed					
8:00p	Closed	Closed	Closed	Closed	Closed	8:00p	Closed	8:00p	Closed					

***Notes:** A lap lane may be added to the fitness pool to best accommodate all swimming needs.

Children's Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday
5:30a-3:00p	Closed	Closed	Closed	Closed	Closed	7:00a-9:00a	Closed	7:00a-9:00a	Closed
3:00p-8:00p	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	9:00a-8:00p	Open Swim	9:00a-6:00p	Open Swim
8:00p	Closed	Closed	Closed	Closed	Closed	8:00p	Closed	6:00p	Closed

***Notes:** Periodic 1:1 instruction / groups for special needs members during open swim.

Current Channel / Shark Alley

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday
5:30a-7:30a	Swim Fitness	Swim Fitness	Swim Fitness	Swim Fitness	Swim Fitness	7:00a-9:00a	Swim Fitness	7:00a-9:00a	Swim Fitness
7:30a-10:00a									
10:00a-3:00p	Closed	Closed	Closed	Closed	Closed	9:00a-8:00p	Open Swim	9:00a-6:00p	Open swim
3:00p-8:00p	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	8:00pm	Closed	6:00pm	Closed
8:00p	Closed	Closed	Closed	Closed	Closed				

Family Spa

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday
5:30a-10:00a	Swim Fitness	Swim Fitness	Swim Fitness	Swim Fitness	Swim Fitness	7:00a-8:00p	Open Swim	7:00a-6:00p	Open Swim
10:00a - 3:00p	Closed	Closed	Closed	Closed	Closed				
3:00p - 8:00p	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim				
8:00p	Closed	Closed	Closed	Closed	Closed	8:00p	Closed	6:00p	Closed

***Notes:** Guests under 6 are permitted to use the family spa with parent or legal guarding in the water.

- "Swim Fitness" times are reserved for water walking, lap swimming, etc.
- Birthday Parties are scheduled Saturdays & Sundays 10:00a-12:00p & 1:00p-3:00p & 4:00p-6:00p - Inquire online @ hrcaonline.org
- Outside Groups wishing to utilize the Southridge Pools, please contact the Aquatics Coordinator at least one week prior to your requested usage date.
- Questions may be directed to the Aquatics Coordinator at 303-471-7026.