



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		7:00a-8:00a	Swim Fitness	7:00a-8:00a
9:00a-10:00a						8:00a-8:30a	Open/Lap Swim	8:00a-8:30a	Open/Lap Swim		
10:00a-11:00a	ISR	ISR	ISR	TR 1:1	ISR	8:30a-9:00a				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	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	12:30p-1:00p		TR 1:1		12:30p-1:00p	
1:30p-2:00p						1:00p-2:00p				1:00p-2:00p	
2:00p-2:30p						2:00p-3:00p				2:00p-3:00p	Open/Lap Swim
2:30p-3:00p				Thrilling Thursdays		3:00p-4:00p				3:00p-4:00p	
3:00p-3:30p						4:00p-4:30p		4:00p-4:30p			
3:30p-4:00p	ISR	ISR	TR 1:1	TR 1:1	ISR	4:30p-5:00p		4:30p-5:00p			
4:00p-4:30p			TR Swim			5:00p-6:00p		5:00p-6:00p			
4:30p-5:00p						6:00p-7:00p		6:00p-7:00p			
5:00p-6:30p						7:00p-8:00p		7:00p-8:00p			
6:30p-7:00p		Aqua Fit				8:00p	Closed	8:00p	Closed		
7:30p-8:00p											
8:00p	Closed	Closed	Closed	Closed	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-10:00a	Swim Fitness	Swim Fitness	Swim Fitness	Swim Fitness	Swim Fitness	7:00a-9:00a	Swim Fitness	7:00a-9:00a	Swim Fitness	
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-9:00a	Swim Fitness	7:00a-9:00a	Swim Fitness	
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	8:00p	Closed	6:00p	Closed	
8:00p	Closed	Closed	Closed	Closed	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.