



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	Swim Fitness				
9:00a-10:00a								8:00a-8:30a		8:00a-8:30a		8:00a-8:30a			
10:00a-11:00a	ISR	ISR	ISR	ISR	ISR	Open Swim/Lap Swim	9:00a-10:00a	Open Swim/Lap Swim							
11:00a-11:30a							10:00a-11:00a		10:00a-11:00a						
11:30a-12:00p					TR 1:1		11:00a-12:00p		11:00a-12:00p						
12:00p-12:30p							12:00p-12:30p		12:00p-12:30p						
12:30p-1:00p							12:30p-1:00p		12:30p-1:00p						
1:00p-1:30p	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open Swim/Lap Swim		1:00p-2:00p		TR 1:1	1:00p-2:00p	Open/Lap Swim				
1:30p-2:00p														2:00p-3:00p	2:00p-3:00p
2:00p-2:30p														2:30p-3:30p	2:30p-3:30p
2:30p-3:30p														3:00p-4:00p	3:00p-4:00p
3:30p-4:00p			TR 1:1	TR 1:1	TR 1:1		4:00p-4:30p		4:00p-4:30p						
4:00p-4:30p	ISR 3:50-6:20	ISR 3:50-6:20	Open	ISR 3:50-6:20	ISR 3:50-6:20	4:30p-5:00p	4:30p-5:00p								
4:30p-5:00p						5:00p-6:00p	5:00p-6:00p								
5:00p-6:30p						6:00p-7:00p									
6:30p-7:00p		Aqua Fit	Aqua Fit	Open/Lap Swim	Open/Lap Swim	7:00p-8:00p	6:00p	Closed							
7:30p-8:00p						8:00p	Closed								
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-10:00a	Closed	Closed	Closed	Closed	Closed	7:00a-9:00a	Closed	7:00a-9:00a	Closed				
10:00a-3:00p						9:00a-8:00p	Open Swim	9:00a-5:00p	Open Swim				
3:00p-8:00p	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	5:00p-6:00p		5:00p-6:00p					
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				
5:30am-10am	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-5:00p	Open swim				
3:00p-6:45p	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim			5:00p-6:00p		5:00p-6:00p			
6:45p-8:00p		Aqua Fit						8:00pm		Closed	6:00p	Closed	
8:00p	Closed	Closed	Closed	Closed	Closed								

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

- "Swim Fitness" times are reserved for water walking, lap swimming, etc.
- Birthday Parties are scheduled Fridays 5:00p-7:00p, 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 Manager at least one week prior to your requested usage date.
- Questions may be directed to the Aquatics Manager at 303-471-7060.

Pool Schedule Subject to Change Without Notice