



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

Family Spa									
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday
5:30a-8:00p	Open Swim	7:00a-8:00p	Open Swim	7:00a-6:00p	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. The family spa is reserved for Aqua Fitness class participants for 15 minutes after class.

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