



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

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