



July 1st, 2024 - July 7th, 2024

All Recreation Centers open at 7 a.m. and close at 5 p.m. on Thursday 7/4/24 for the 4th of July Holiday.

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