



Recreation Center at Southridge Pool Schedule
March 25th - March 31st, 2024

3.21.24

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

***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		
8:00p	Closed	Closed	Closed	Closed	Closed		8:00p	Closed	6:00p		

***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	Closed	
10:00a-3:00p	Closed	Closed	Closed	Closed	Closed		9:00a-8:00p	Open Swim	9:00a-6:00p		
3:00p-8:00p	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		8:00pm	Closed	6:00pm		
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	Closed	
10:00a-3:00p	Closed	Closed	Closed	Closed	Closed		9:00a-8:00p	Open Swim	9:00a-6:00p		
3:00p-8:00p	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		8:00p	Closed	6:00p		
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.