



4.25.24

Fitness Pool										
Time	Monday	Tuesday	Wednesday	Thursday	Friday		Time	Saturday	Time	Sunday
5:30a-7:00a	Closed	Closed	Closed	Closed	Closed		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						7:00a-8:00a	7:00a-8:00a			
9:00a-10:00a						8:00a-8:30a	8:00a-8:30a		Swim Fitness	
10:00a-11:00a						8:30a-9:00a	8:30a-9:00a			
11:00a-11:30a						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		Open/Lap Swim	
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						4:00p-4:30p	4:00p-4:30p			
4:00p-4:30p						4:30p-5:00p	4:30p-5:00p			
5:00p-6:30p						5:00p-6:00p	5:00p-6:00p			
6:30p-7:00p	6:00p-7:00p	6:00p-7:00p								
7:30p-8:00p	7:00p-8:00p	7:00p-8:00p								
8:00p	8:00p	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-3:00p	Closed	Closed	Closed	Closed	Closed		7:00a-9:00a	Closed	7:00a-9:00a	Closed
3:00p-8:00p						9:00a-8:00p	9:00a-6:00p		Open Swim	
8:00p						8:00p	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-10:00a	Closed	Closed	Closed	Closed	Closed		7:00a-9:00a	Closed	7:00a-9:00a	Swim Fitness
10:00a-3:00p						9:00a-8:00p	9:00a-6:00p		Open Swim	
3:00p-8:00p										
8:00p						8:00pm	6:00pm		Closed	
Family Spa										
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	Swim Fitness
10:00a-3:00p						9:00a-8:00p	9:00a-6:00p		Open Swim	
3:00p-8:00p										
8:00p						8:00p	6:00p		Closed	
*Notes: Guests under 6 are permitted to use the family spa with parent or legal gaurding in the water.										
<ul style="list-style-type: none">▪ "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										