



**Recreation Center at Southridge Pool Schedule
May 7th- May 20th, 2024**

5.7.24

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

***Notes:** Guests under 6 are permitted to use the family spa with parent or legal gaurding in the water.

- "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