

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

							Fitness							
Time	Monday		Tuesday		Wednesday		Thursday		Friday		Time	Saturday	Time	Sunday
5:30a-7:00a					•		0 : 5				5:30a-6:00a		5:30a-6:00a	
7:00a-8:00a	Swim Fitness		Swim Fitness Aqua Fit		Swim Fitness		Swim Fitness Aqua Fit		Swim Fitness		6:00a-7:00a	7:00a	6:00a-7:00a	Closed
8:00a-9:00a											7:00a-8:00a		7:00a-8:00a	
9:00a-10:00a			Aqua Fit				Aqua	a FIT			8:00a-8:30a	Swim Fitness	8:00a-8:30a	Swim Fitness
10:00a-11:00a		ISR		ISR		ISR	TR 1:1	ISR		ISR	8:30a-9:00a		8:30a-9:00a	
11:00a-11:30a		ISK		ISK		ISK		ION	TR Swim	ISK	9:00a-10:00a		9:00a-10:00a	
11:30a-12:00p											10:00a-11:00a	Open/Lap Swim	10:00a-11:00a	
12:00p-12:30p												TR 1:1	11:00a-12:00p	
12:30p-1:00p	Open/Lap Swim		Open/Lap Swim		Open/Lap Swim		Open/Lap Swim Thrilling Thursdays		Open/Lap Swim		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											3:00p-4:00p		3:00p-4:00p	
3:30p-4:00p					TR 1:1				TR Swim		4:00p-4:30p		4:00p-4:30p	
4:00p-4:30p	ISR		ISR		TR Swim ISR			ISR		ISR	4:30p-5:00p		4:30p-5:00p	
5:00p-6:30p							TR 1:1				5:00p-6:00p		5:00p-6:00p	
6:30p-7:00p											6:00p-7:00p		6:00p-7:00p	
7:30p-8:00p			Aqu	ıa Fit							7:00p-8:00p		7:00p-8:00p	
8:00p	Closed		Closed		Closed		Closed		Closed		8:00p	Closed	8:00p	Closed
*Notes:	A lap lane ma	v be added to t	the fitness pool	to best accomr	nodate all swin	nmina needs.								•
1101001		,				<u> </u>	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:			upo for appoint	nooda mambar										5.11.11
Notes.	Periodic 1.1 II	istruction / grot	ups for special i	needs member	s during open s	WIIII.								
						<u> </u>	at Channal	/ Classila A	llave					
Time	B4		T	l	VA/ o also		nt Channel			-levi	T:	Cotundou	Time a	Conde
	Mor	nday	Tue	sday	Wedn	Currei esday	nt Channel Thur			day	Time	Saturday	Time	Sunday
5:30a-10:00a	Mor Swim Fitness	nday ISR	Tue Swim Fitness	sday ISR	Wedn Swim Fitness		1			day	Time 7:00a-9:00a	Saturday Swim Fitness	Time 7:00a-9:00a	Sunday Swim Fitness
5:30a-10:00a	Swim Fitness	ISR	Swim Fitness	ISR	Swim Fitness	esday	Thur Swim Fitness	sday ISR	Fri Swim Fitness	ISR				Swim Fitness
	Swim Fitness		Swim Fitness			esday	Thur	sday ISR	Fri Swim Fitness	,				•
5:30a-10:00a	Swim Fitness Clo	ISR	Swim Fitness	ISR	Swim Fitness	esday ISR sed	Thur Swim Fitness	ISR ISR	Fri Swim Fitness	ISR	7:00a-9:00a	Swim Fitness	7:00a-9:00a	Swim Fitness
5:30a-10:00a 10:00a-3:00p 3:00p-8:00p	Swim Fitness Clo	ISR used	Swim Fitness Clo	ISR osed	Swim Fitness Clo	esday ISR sed	Thur Swim Fitness Clos	ISR sed Swim	Fri Swim Fitness Clc	ISR sed Swim	7:00a-9:00a 9:00a-8:00p	Swim Fitness Open Swim	7:00a-9:00a 9:00a-6:00p	Swim Fitness Open Swim
5:30a-10:00a 10:00a-3:00p	Swim Fitness Clo	ISR	Swim Fitness Clo	ISR	Swim Fitness Clo	esday ISR sed	Thur Swim Fitness Clos Open Clos	ISR Sed Swim	Fri Swim Fitness Clc	ISR	7:00a-9:00a	Swim Fitness	7:00a-9:00a	Swim Fitness
5:30a-10:00a 10:00a-3:00p 3:00p-8:00p 8:00p	Swim Fitness Clo	ISR ISR Swim	Swim Fitness Clo	ISR ISR ISWim	Swim Fitness Clo Open Clo	esday ISR sed Swim	Thur Swim Fitness Clos Open Clos Family	sday ISR sed Swim sed Spa	Fri Swim Fitness Clc Open	ISR sed Swim	7:00a-9:00a 9:00a-8:00p 8:00pm	Swim Fitness Open Swim Closed	7:00a-9:00a 9:00a-6:00p 6:00pm	Swim Fitness Open Swim Closed
5:30a-10:00a 10:00a-3:00p 3:00p-8:00p 8:00p	Swim Fitness Cic Open Cic	ISR ISR ISWIM ISWIM ISWIM	Swim Fitness Cic Open Cic	ISR used used	Swim Fitness Clo Open Clo Wedn	esday ISR sed Swim sed esday	Thur Swim Fitness Clos Open Clos Family S Thur	sday ISR sed Swim sed Spa sday	Fri Swim Fitness Clc Open Clc	sed Swim sed	7:00a-9:00a 9:00a-8:00p 8:00pm	Swim Fitness Open Swim Closed Saturday	7:00a-9:00a 9:00a-6:00p 6:00pm	Swim Fitness Open Swim Closed Sunday
5:30a-10:00a 10:00a-3:00p 3:00p-8:00p 8:00p Time 5:30a-10:00a	Swim Fitness Cic Open Cic Mor	ISR ISR ISSE ISSE ISSE ISSE ISSE ISSE IS	Swim Fitness Clc Open Clc Tue: Swim Fitness	ISR used used used used used again	Swim Fitness Clo Open Clo Wedn Swim I	esday ISR Swim sed esday Fitness	Thur Swim Fitness Clos Open Clos Family S Thur Swim Fitness	sday ISR Swim Sed Spa Sday Aqua Fit	Fri Swim Fitness Clc Open Clc Fri Swim	Swim sed day Fitness	7:00a-9:00a 9:00a-8:00p 8:00pm	Swim Fitness Open Swim Closed	7:00a-9:00a 9:00a-6:00p 6:00pm	Swim Fitness Open Swim Closed
5:30a-10:00a 10:00a-3:00p 3:00p-8:00p 8:00p Time 5:30a-10:00a 10:00a-3:00p	Swim Fitness Cic Open Cic Mor Swim Cic	ISR ISR ISSed ISSed ISSed Inday Fitness ISSED	Swim Fitness Clc Open Clc Tue: Swim Fitness Clc	ISR used used used used a Swim used a Aqua Fit used	Swim Fitness Clo Open Clo Wedn Swim I	esday ISR Swim sed esday Fitness sed	Thur Swim Fitness Clos Open Clos Family S Thur Swim Fitness Clos	sday ISR Seed Swim Sed Spa Sday Aqua Fit	Fri Swim Fitness Clc Open Clc Fri Swim	Swim sed day Fitness sed	7:00a-9:00a 9:00a-8:00p 8:00pm	Swim Fitness Open Swim Closed Saturday	7:00a-9:00a 9:00a-6:00p 6:00pm	Swim Fitness Open Swim Closed Sunday
5:30a-10:00a 10:00a-3:00p 3:00p-8:00p 8:00p Time 5:30a-10:00a 10:00a-3:00p 3:00p-8:00p	Swim Fitness Clc Open Clc Mor Swim Clc Open	ISR Swim Ssed Carterian Control of the Control of	Swim Fitness Clc Open Clc Tue: Swim Fitness Clc Open	ISR USed USwim USed USwim Aqua Fit USed USwim	Swim Fitness Clo Open Clo Wedn Swim I Clo Open	esday ISR Swim sed esday Fitness sed Swim	Thur Swim Fitness Clos Open Clos Family S Thur Swim Fitness Clos Open	sday ISR Swim Sed Spa Sday Aqua Fit sed Swim	Fri Swim Fitness Clc Open Clc Fri Swim Clc Open	Swim sed day Fitness sed Swim	7:00a-9:00a 9:00a-8:00p 8:00pm Time 7:00a-9:00a 9:00a-8:00p	Swim Fitness Open Swim Closed Saturday Swim Fitness Open Swim	7:00a-9:00a 9:00a-6:00p 6:00pm Time 7:00a-9:00a 9:00a-6:00p	Swim Fitness Open Swim Closed Sunday Swim Fitness Open Swim
5:30a-10:00a 10:00a-3:00p 3:00p-8:00p 8:00p Time 5:30a-10:00a 10:00a-3:00p	Swim Fitness Clc Open Clc Mor Swim Clc Open	ISR ISR ISSed ISSed ISSed Inday Fitness ISSED	Swim Fitness Clc Open Clc Tue: Swim Fitness Clc Open	ISR used used used used a Swim used a Aqua Fit used	Swim Fitness Clo Open Clo Wedn Swim I Clo Open	esday ISR Swim sed esday Fitness sed	Thur Swim Fitness Clos Open Clos Family S Thur Swim Fitness Clos	sday ISR Swim Sed Spa Sday Aqua Fit sed Swim	Fri Swim Fitness Clc Open Clc Fri Swim Clc Open	Swim sed day Fitness sed	7:00a-9:00a 9:00a-8:00p 8:00pm Time 7:00a-9:00a	Swim Fitness Open Swim Closed Saturday Swim Fitness	7:00a-9:00a 9:00a-6:00p 6:00pm Time 7:00a-9:00a	Swim Fitness Open Swim Closed Sunday Swim Fitness

- "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*