

Water Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
<i>Adult Lap</i> 5:30 - 8:30am	<i>Adult Lap</i> 5:30 - 8:30am	<i>Adult Lap</i> 5:30 - 8:30am	<i>Adult Lap</i> 5:30 - 8:30am	<i>Adult Lap</i> 5:30 - 8:30am	SATURDAY
8:30 a.m. AquaFit Diana	8:30 a.m. AquaFit Chavalla	8:30 a.m. Aqua Circuit Karen	<i>Open Swim</i> 8:30am - 11:00am	8:30 a.m. AquaFit Diana	<i>Adult Lap</i> 7:00 - 9:00am
<i>Open Swim</i> 9:30 - 10:30am	<i>Open Swim</i> 9:30 - 11:00am	<i>Open Swim</i> 9:30 - 12:00pm		<i>Open Swim</i> 9:30 - 10:30am	<i>Open Swim</i> 9:00am - 1:00pm
10:30 a.m. AquaArthritis Dee	11:00 a.m. AquaArthritis Karen			11:00 a.m. AquaArthritis Karen	10:30 a.m. AquaArthritis Dee
<i>Adult Lap</i> 11:30am - 1:00pm	<i>Adult Lap</i> 12:00 - 1:00pm	<i>Adult Lap</i> 12:00 - 1:00pm	<i>Adult Lap</i> 12:00 - 1:00pm	<i>Adult Lap</i> 11:30 - 2:00pm	<i>Open Swim</i> 3:00 - 6:00pm
<i>Open Swim</i> 1:00 - 4:30pm	<i>Open Swim</i> 1:00 - 4:30pm	<i>Open Swim</i> 1:00 - 4:30pm	<i>Open Swim</i> 1:00 - 4:30pm	<i>Open Swim</i> 2:00 - 4:30pm	<i>Adult Lap</i> 6:00 - 6:45pm
					SUNDAY
<i>Adult Lap</i> 4:30 - 5:30pm	<i>Adult Lap</i> 4:30 - 5:30pm	<i>Adult Lap</i> 4:30 - 5:30pm	<i>Adult Lap</i> 4:30 - 5:30pm	<i>Adult Lap</i> 4:30 - 6:30pm	<i>Adult Lap</i> 8:00 - 10:00am
<i>Open Swim</i> 5:30 - 7:15pm	<i>Open Swim</i> 5:30 - 7:15pm	<i>Open Swim</i> 5:30 - 7:15pm	<i>Open Swim</i> 5:30 - 7:15pm	<i>Open Swim</i> 6:30 - 8:15pm	<i>Open Swim</i> 10:00am - 4:30pm
<i>Adult Lap</i> 7:15 - 8:15pm	<i>Adult Lap</i> 7:15 - 8:15pm	<i>Adult Lap</i> 7:15 - 8:15pm	<i>Adult Lap</i> 7:15 - 8:15pm		<i>Adult Lap</i> 4:30 - 6:30pm

General Information

*www.hrsportsclub.com

*Average pool temperature is 86.5 degrees Fahrenheit. *Length 25 Meters

*The pool, whirlpool, & steam room close 15 minutes **prior** to club closing.

*Please respect the classes in session & plan family swim accordingly!

Pool Rules

***State law requires an adult must directly supervise children under the age of 14 while in the pool.**

(unless cadet test has been passed)

***Horseplay such as running, dunking, or shoving is not permitted.**

***Absolutely NO DIVING!**

*No sitting or hanging on lap lines.

*Emergency equipment to be used by qualified (authorized) personnel only.

***Shower before entering pool, whirlpool, steam room or sauna!**

*No food, drink or glass containers allowed in or around pool area.

*Children not toilet trained are required to wear plastic pants. No diapers in the pool. You can purchase these at the front desk.

***Your activity in the pool may be shared with other programs, and at times certain areas may be closed.**

Group Descriptions

Below are descriptions of HRSC water exercise classes with a suggested level of participation. We always welcome our members' comments and suggestions.

AquaFit: This one hour class offers cardio and endurance segments, as well as toning and stretching in the water. Intensity is individualized. You will leave this workout feeling great!

AquaArthritis: A 45 minute class developed for people with arthritic conditions or other physical limitations where joint mobility/flexibility is a problem. Basic aquatic moves to increase or regain range of motion, strength, endurance and balance.

Swim Lessons: Excellent small group instruction. Inquire at the Front Desk for class times and registration. Private and semi-private lessons are also available. Pool closed during class time.

Adult Lap Swim: Swimmers must swim in a circular motion to enable more swimmers to use the pool at the same time. 14 years of age and older only. Pool Only Open to Lap Swimmers.

Aqua Circuit: This is a one hour class that requires class participation. A 45 minute class workout with a fun water polo game following. Pool closed during class times.

Swim Club: This is an extension of our swim lessons. Intended for the kids working on improving their swim strokes. Pool closed during class time.