



**Please Note: All facilities will close at 4:00 pm on Saturday, June 11th**

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

Family Spa										
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday	
5:30a-8:00p	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	7:00a-8:00p	Open Swim	7:00a-6:00p	Open Swim	
8:00p	Closed	Closed	Closed	Closed	Closed	8:00p	Closed	6:00p	Closed	

**\*Notes:** Guests under 6 are permitted to use the family spa with parent or legal guarding in the water. The family spa is reserved for Aqua Fitness class participants for 15 minutes after class.

Outdoor Pool										
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday	
5:30a-10:00a	Closed	Closed	Closed	Closed	Closed	7:00a-10:00a	Closed	7:00a-10:00a	Closed	
10:00a-8:00p	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	10:00a-8:00p	Open Swim	10:00a-6:00p	Open Swim	
8:00p	Closed	Closed	Closed	Closed	Closed	8:00p	Closed	6:00p	Closed	

- "Swim Fitness" times are reserved for water walking, lap swimming, etc.
- Birthday Parties are scheduled Fridays 5:30p-7:30p, 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.