



**Recreation Center at Southridge Pool Schedule  
November 2022**

**Please note: All facilities are closed on Thanksgiving Day**

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

- "Swim Fitness" times are reserved for water walking, lap swimming, etc.
- Birthday Parties are scheduled 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.