



**Recreation Center at Southridge Pool Schedule**  
**February 1- February 15, 2023**

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