



Recreation Center at Southridge Pool Schedule
February 16- February 28, 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							6:00a-7:00a		6:00a-7:00a		
8:00a-9:00a		Aqua Fit				Aqua Fit		7:00a-8:00a	Swim Fitness	7:00a-8:00a	Swim Fitness
9:00a-10:00a	ISR	ISR	ISR	ISR	ISR	8:00a-8:30a	TR 1:1	8:00a-8:30a	Open/Lap Swim		
10:00a-11:00a											
11:00a-11:30a						9:00a-10:00a		9:00a-10:00a			
11:30a-12:00p						10:00a-11:00a		10:00a-11:00a			
12:00p-12:30p						11:00a-12:00p		11:00a-12:00p			
12:30p-1:00p						12:00p-12:30p		12:00p-12:30p			
1:00p-1:30p						12:30p-1:00p		12:30p-1:00p			
1:30p-2:00p	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim			1:00p-2:00p		1:00p-2:00p		Open/Lap Swim	
2:00p-2:30p						2:00p-3:00p		2:00p-3:00p			
2:30p-3:00p						3:00p-4:00p		3:00p-4:00p			
3:00p-4:00p						4:00p-4:30p	4:00p-4:30p				
4:00p-5:00p	ISR	ISR	ISR	ISR	ISR	4:30p-5:00p	4:30p-5:00p				
5:00p-6:00p	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	5:00p-6:00p	5:00p-6:00p				
6:00p-7:00p		TR 1:1				6:00p-7:00p	6:00p-7:00p				
7:00p-8:00p		Aqua Fit				7:00p-8:00p	7:00p-8:00p	Closed			
8:00p	Closed	Closed	Closed	Closed	Closed	8:00p	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					
10:00a-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	8:00pm	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.