

POOL SCHEDULE: September 14th-30th (Upd. 9/10/20)

Lap Swimming Availability

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am-10:30am (6) 10:30am-3:30pm (4) 3:30pm-4:30pm (6)	5:30am-9:30am (6) 9:30am-10:30am (3) 10:30am-1:30pm (4) 1:30pm-3pm (6) ■ 6:30pm-8:30pm (6)	5:30am-10:30am (6) 10:30am-1:30pm (4) 1:30pm-3:30pm (6) 3:30pm-6pm (4) 6pm-7pm (6)	5:30am-9:30am (6) 9:30am-10:30am (3) 10:30am-1:30pm (4) 1:30pm-3pm (6) ■ 6:30pm-8:30pm (6)	5:30am-10:30am (6) 10:30am-1:30pm (4) 1:30pm-3:30pm (6) 3:30pm-6pm (4) 6pm-7pm (6)	5:30am-9:30am (6) 9:30am-10:30am (3) 10:30am-1:30pm (4) 1:30pm-3pm (6) ■ 6:30pm-7:30pm (6)	8am-9:45am (6) 9:45am-10:30am (3) 10:30am-4:30pm (4)

Using our Lap Pool/Spa

We have some modified rules to follow during this current health crisis. We ask that you be patient and flexible as we try to accommodate as many people as safely as we can.

1. We highly encourage all patrons to shower prior to entering the pool. There are two showers on the deck along with the ones in the private changing rooms.
2. Only 1 person allowed in each of the lanes available for lap swim (you may share a lane if you currently reside with each other).
3. There is a 30-minute maximum allotted time for lap lane use per day. You can reserve your lane time online on the HU website, or call the front desk. If there is no one waiting for your lane at the end of your 30-minute workout, you may continue swimming until another patron requires the lane. The lifeguard will let you know that your lane is needed by waving a rescue tube or yellow kickboard in the water at the wall as you approach. Please be courteous and exit the pool when your time is up.
4. The spa is OPEN: 15-minute maximum, and only 1 person or single family at a time. Like the lap lanes, you can also reserve spa time online on the HU website, or by calling the front desk staff to record the reservation.
5. Children are allowed to use the lap lanes only if they are swimming laps.
6. Please stay home if you don't feel well or have been around someone who is ill

For the health and comfort of all, Health Unlimited asks that members and guests refrain from using fragrances such as perfumes, colognes, oils, and similarly scented products while using the pool.

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Pool Programs/Water Exercise Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:45am – 10:30am Pumping H2O (Amy) 3pm-6:30pm Fox Swim Practice 6:45pm-7:30pm Pumping H ₂ O (Amy B)	7pm-8:30pm Fox Swim Practice	8:30am-9:15am Arthritis Plus (Vicki) 9:45am-10:30am Pumping H2O (Maura) 3pm-6:30pm Fox Swim Practice 6:45pm-7:30pm Deep H ₂ O (Amy B)	<div style="border: 1px solid black; background-color: black; color: white; padding: 5px; width: fit-content; margin: 0 auto;"> Arthritis Plus classes will begin on Wednesday, Sept. 26th </div> 7pm-8:30pm Fox Swim Practice	8:30am-9:15am Arthritis Plus (Amy) 3pm-6:30pm Fox Swim Practice	9:45am-10:30am Pumping H2O (Karen) SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!

- **Pumping H2O** – All Levels - A shallow water cardio workout that challenges you with fun, time-efficient exercises for muscle toning & strengthening balance, coordination, much more.
- **Deep H2O** - All Levels – Easy to follow, fun, safe and effective deep-water exercises for total fitness with emphasis on core strengthening and toning of the much troubled abdominal and back region. Classes held in the deep side of the lap pool.
- **ARTHRITIS PLUS** – *All Levels* – A great cardio muscle-conditioning workout for all ages with any degree of arthritis with an additional cardio workout.

Group Fitness Tips

- You can sign up for classes the day before and can only sign up for one class per day. We recommend registering online but registration can also be done in person and over the phone 301-829-9730.
- The class is free to members but no shows for in-person classes will be charged \$5. Participants have until 1 hour before the class to cancel their spot and avoid the \$5 charge.
- 45-minute classes, limit 12 people per class to maintain appropriate social distancing.
- Please stay home if you don't feel well or have been around someone who is ill.

Water Walking and Open Swim Availability – Open Swim Now Available In the Lap Pool

Water Walking Times are Intended for EXERCISE ONLY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30-12:30pm Water Walking (in 2 shallow lanes) Open Swim 12:30-3:30pm (in 2 shallow lanes)	10:30am-1:30pm Water Walking (in 2 shallow lanes)	10am-1:30pm Water Walking (in 2 shallow lanes) Open Swim 3:30-6pm (in 2 shallow lanes)	10:30am-1:30pm Water Walking (in 2 shallow lanes)	10am-1:30pm Water Walking (in 2 shallow lanes) Open Swim 3:30-6pm (in 2 shallow lanes)	10am-1:30pm Water Walking (in 2 shallow lanes) Open Swim 5-7pm <i>(in Small Pool)</i>	10:30-12:30pm Water Walking (in 2 shallow lanes) Open Swim 12:30-3:30pm (in 2 shallow lanes)

Water Walking and Open Swim Guidelines

- 1) At this time, you do not need to sign up in advance for either Open Swim or Water Walking.
- 2) Please follow the counter-clockwise “track direction” when walking in during Water Walking times.
- 3) All Members and Guest age 5 and over must have a mask when entering and leaving the facility. Please wear your mask until you get into the pool. **You should not wear a mask into the water.**
- 4) Please maintain appropriate social distance from other groups participating in Open Swim. This includes both in the pool and on the pool deck.