

POOL SCHEDULE: April – May 16, 2021 (Upd. 4/20/21)

Lap Swimming Availability

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am-10am (6) 10am-11am (3) 11am-1:30pm (4) 1:30pm-4:30pm (3)	5:30am-6am (6) 6am-7am (3) 7-9:30am (6) 9:30am-10:30am (3) 10:30am-1:30pm (4) 1:30pm-3:30pm (6) 6:30pm-7:30pm (3) 7:30pm-8:30pm (6)	5:30am-10am (6) 10am-1:30pm (4) 1:30pm-4pm (6) 4pm-7pm (3)	5:30am-6am (6) 6am-7am (3) 7-9:30am (6) 9:30am-10:30am (3) 10:30am-1:30pm (4) 1:30pm-3:30pm (6) 6:30pm-7:30pm (3) 7:30pm-8:30pm (6)	5:30am-9:40am (6) 9:40am-10:30am (3) 10:30am-1:30pm (4) 1:30pm-4pm (6) 4pm-7pm (3)	5:30am-6am (6) 6am-7am (3) 7-10:30am (6) 10:30am-1:30pm (4) 1:30pm-3:30pm (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. 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. Please be courteous and exit the pool when your time is up.
3. Two options now available for booking lanes:
 - A) You can book a 30-minute lane space each day and be guaranteed your own lane in the 3.5, 4, 4.5, and 7 foot lanes.
 - B) If you are willing to share the lane with one other person, you can now reserve lanes 5 and 6 for two 30-minute sessions each day. Sharing a lane is simple:
 - i) When signing up for a lane, you will now sign up for a specific lane (5 feet or 6 feet) depth and a specific lane side (A or B).
 - ii) If you wish to swim for up to an hour you will need to reserve two 30-minute slots.
 - iii) You will get in and out at your designated end of the pool. You will also rest between laps at your designated end.
 - iv) Even though there will be no physical barrier between you and the person you are sharing the lane with, you will swim on the same side of the lane for your entire swim.
4. The spa is OPEN: 15-minute maximum, and only 2 people 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

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Pool Programs/Water Exercise Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6am-7am Masters Swimming (Michele)		6am-7am Masters Swimming (Michele)		6am-7am Masters Swimming (Michele)	
10:15am-11am Aqua Zumba (Michelle)	9:45am – 10:30am Pumping H2O (Maureen)		8:30am-9:15am Arthritis Plus (Vicki)	9:45am – 10:30am Aqua Zumba (Michele)	8:30am-9:15am Arthritis Plus (Amy)	9:45am-10:30am Pumping H2O (Karen)
1:30pm-4:30pm HU Swim Clinic	3:30pm-6:30pm Fox Swim Practice	4pm-7pm HU Swim Clinic	9:45am-10:30am Pumping H2O (Kelly)	4pm-7pm HU Swim Clinic	3:30pm-6:30pm Fox Swim Practice	4:30pm Fox Swim Practice
4:30pm Fox Swim Practice	6:40pm-7:25pm Pumping H2O (Amy B)	7pm Fox Swim Practice	3:30pm-6:30pm Fox Swim Practice	7pm Fox Swim Practice		
			6:40pm-7:25pm Deep H2O (Amy B)			
			7:30-8:30pm Masters Swimming			
						SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!

- **Aqua Zumba** - All levels –Hi-Lo impact water dance class with Latin Style! High energy and great cardio workout.
- **Arthritis Plus** – All Levels – A great cardio muscle-conditioning workout for all ages with any degree of arthritis with an additional cardio workout.
- **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.
- **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.

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
11am-12:30pm Water Walking (in 2 shallow lanes)	10:30am-1:30pm Water Walking (in 2 shallow lanes)	10am-1:30pm Water Walking (in 2 shallow lanes)	10:30am-1:30pm Water Walking (in 2 shallow lanes)	10:30am-1:30pm Water Walking (in 2 shallow lanes)	10am-1:30pm Water Walking (in 2 shallow lanes)	10:30-12:30pm Water Walking (in 2 shallow lanes)
Open Swim 12:30-3:30pm (in Small Pool)		Open Swim 3:30-6pm (in Small Pool)		Open Swim 3:30-6pm (in Small Pool)	Open Swim 5-7pm (in Small Pool)	Open Swim 12-3:30pm (in Small Pool)

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.