

POOL SCHEDULE: June 1st – June 18th (Upd. 5/28/21)

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.

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-9:30pm (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-9:30pm (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)

Memorial Day
Monday, May 31st
Special schedule
applies for holiday -
see posted hours

Open Swim & Water Walking Availability - Water Walking times/spaces are intended for EXERCISE ONLY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11-12:30pm Water Walking (in 2 shallow lanes) Open Swim 12:30-3:30pm (in Small Pool)	10:30am-1:30pm Water Walking (in 2 shallow lanes)	10am-1:30pm Water Walking (in 2 shallow lanes) Open Swim 5:30-8pm (in Small Pool)	10:30am-1:30pm Water Walking (in 2 shallow lanes)	10:30am-1:30pm Water Walking (in 2 shallow lanes) Open Swim 5:30-8pm (in Small Pool)	10am-1:30pm Water Walking (in 2 shallow lanes) Open Swim 5-7pm (in Small Pool)	10:30-12:30pm Water Walking (in 2 shallow lanes) Open Swim 12-3:30pm (in Small Pool)

Using our pools...

Starting Saturday, June 5th

Lap Lane Reservation - All lap lanes will have two reservable slots each half hour. Each member can reserve a maximum of 2 30-minute slots each day.
Here's How It Works:

- 1) You can reserve your lane time online on the HU website, or call the front desk. When signing up for a lane, you will now sign up for a specific lane depth and a specific lane side (A or B).
- 2) If you wish to swim for up to an hour you will need to reserve two 30-minute slots in back-to-back times. 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.
- 3) If you wish to have a lane to yourself you may reserve 2 30-minute slots in the same lane at the same time.

Hot Tub - Reservations will no longer be needed for the Hot Tub. Please continue to limit your time to a maximum of 15 minutes.

Other Lap Swimming Notes:

- 1) We **highly encourage** all patrons to shower prior to entering the pool.
- 2) If there is no one waiting for your lane at the end of your workout, you may continue swimming until another patron requires the lane. Please be courteous and exit the pool when your time is up.
- 3) Children are allowed to use the lap lanes only if they are swimming laps.
- 4) Please do not come to the club if you are feeling sick.

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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	11am-11:30am Group Swim Lessons	11am-11:30am Group Swim Lessons	9:45am-10:30am Pumping H2O (Kelly)	11am-11:30am Group Swim Lessons		
	3:30pm-6:30pm Fox Swim Practice		11am-11:30am Group Swim Lessons	4pm-7pm HU Swim Clinic	3:30pm-6:30pm Fox Swim Practice	4:30pm Fox Swim Practice
4:30pm Fox Swim Practice	5:45pm-6:15pm Group Swim Lessons	4pm-7pm HU Swim Clinic	3:30pm-6:30pm Fox Swim Practice	5pm-5:30pm Group Swim Lessons		
See reverse side for Lap Swim, Open Swim & Water Walking Availability	6:40pm-7:25pm Pumping H2O (Amy B)	5pm-5:30pm Group Swim Lessons	5:45pm-6:15pm Group Swim Lessons	7pm-8:30pm Fox Swim Practice		SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!
		7pm-8:30pm Fox Swim Practice	6:40pm-7:25pm Deep H2O (Amy B)			
			7:30-8:30pm Masters Swimming			

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AQUATIC CLASS DESCRIPTIONS:

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.