

## POOL SCHEDULE: June 19<sup>th</sup> – August 15<sup>th</sup> (Upd. 7/24/21)



### Pools Closed For Major Resurfacing - Lap Pool Closed August 16<sup>th</sup> - 31<sup>st</sup>

During this time the lap pool will be completely replastered. Additionally, both pools and the spas are being emptied, cleaned, and refilled. Training Pool and Spa will also close on August 16<sup>th</sup> but are tentatively scheduled to reopen Thursday, August 26<sup>th</sup>. More information and schedule available August 23<sup>rd</sup>.

#### *Lap Swimming Availability*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am-10am (6) 10am-11am (3) 11am-12:30pm (4) 12:30pm-4:30pm (4)	5:30am-9:45am (6) 9:45am-11:30am (3) 11:30am-12pm (2) 12pm-1:30pm (4) 1:30pm-3:30pm (6) 6:30pm-7:30pm (3) 7:30pm-9:30pm (6)	5:30am-10am (6) 10am-10:45am (4) 10:45am-11:30am (3) 11:30am-12pm (2) 12pm-1:30pm (4) 1:30pm-4pm (6) 4pm-7pm (3)	5:30am-9am (6) 9am-9:45am (3) 9:45am-10:45am (4) 10:45am-11:30am (3) 11:30am-12pm (2) 12pm-1pm (4) 1pm-3:30pm (6) 6:30pm-8:30pm (3) 8:30pm-9:30pm (6)	5:30am-9am (6) 9am-9:45am (3) 9:45am-10:45am (4) 10:45am-11:30am (3) 11:30am-12pm (2) 12pm-1pm (4) 1pm-4pm (6) 4pm-7pm (3)	5:30am-10am (6) 10am-1:30pm (4) 1:30pm-3:30pm (6) 6:30pm-7:30pm (6)	8am-9am (6) 9am-10:30am (3) 10:30am-12:30pm (2) 12:30-4:30pm (6)

#### **Using our Lap Pool/Spa**

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 for assistance. When signing up for a lane, you will now sign up for a specific lane depth and a specific lane side (A or B).
  - 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.
  - If you wish to have a lane to yourself, you may reserve two, 30-minute slots in the same lane at the same time (reserve A & B sides of lane).
  - 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. Children are allowed to use the lap lanes only if they are swimming laps.

#### ***Water Walking and Open Swim Availability – 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)	10:00am-1:30pm Water Walking (in 2 shallow lanes)	9:45am-1pm Water Walking (in 2 shallow lanes)	9:45am-1pm Water Walking (in 2 shallow lanes)	10:00am-1:30pm Water Walking (in 2 shallow lanes)	10:30-12:30pm Water Walking (in 2 shallow lanes)
Open Swim <b>In LAP Pool</b> 12:30-4pm	Open Swim <i>In Small Pool –</i> 6:40-9pm	Open Swim <i>In Small Pool –</i> 2:30-4pm	Open Swim <i>In Small Pool –</i> 6:40-9pm	Open Swim <i>In Small Pool –</i> 2:30-4pm	Open Swim <i>In Small Pool –</i> 5-7pm	Open Swim 12:30-4pm <i>In Lap Pool</i>

**POOL SCHEDULE: June 19<sup>th</sup> – August 15<sup>th</sup>** (Upd. 7/24/21)

**Pool Programs/Water Exercise Classes**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:15am-11am Aqua Zumba (Michelle)	8am – 8:45am Arthritis Plus (Amy)  9:45am – 10:30am Pumping H2O (Maureen)  9:30am-12pm Group Swim Lessons  4:10pm-7pm Group Swim Lessons  6:40pm-7:25pm Pumping H <sub>2</sub> O (Amy B)	    9:30am-12pm Group Swim Lessons  4:10pm-7pm Group Swim Lessons	8am – 8:45am Arthritis Plus (Vicki)  9am – 9:45am Pumping H2O (Kelly)  9:30am-12pm Group Swim Lessons  4:10pm-7pm Group Swim Lessons  6:40pm-7:25pm Deep H <sub>2</sub> O (Amy B)	    9am – 9:45am Aqua Zumba (Michele)  9:30am-12pm Group Swim Lessons  4:10pm-7pm Group Swim Lessons	8am – 8:45am Arthritis Plus (Amy)	8:20am-12:10pm Group Swim Lessons  9:45am – 10:30am Pumping H2O (Karen)  <b>SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!</b>

**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.



**Pools Closed For Major Resurfacing - Lap Pool Closed August 16<sup>th</sup> - 31<sup>st</sup>**

During this time the lap pool will be completely replastered. Additionally, both pools and the spas are being emptied, cleaned, and refilled. Training Pool and Spa will also close on August 16<sup>th</sup> but are tentatively scheduled to reopen Thursday, August 26<sup>th</sup>. More information and schedule available August 23<sup>rd</sup>.