

POOL SCHEDULE: October 2021

Lap Swimming Availability

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am-10am (6) 10am-11am (3) 11am-1:30pm (4) 1:30pm-2:30pm (6) 2:30pm-5:30pm (3)	5:30am-6am (6) 6am-7am (3) 7am-9:30am (6) 9:30am-10:30am (3) 10:30am-1:30pm (4) 1:30pm-3:00pm (6) 3:00pm-3:30pm (3) 3:30pm – 6:30pm (2) 7:30pm – 9:00pm (2) 9:00pm-9:30pm (6)	5:30am-10am (6) 10am-1:30pm (4) 1:30pm-3pm (6) 3pm – 3:30pm (3) 3:30pm – 5pm (2) 5:30pm – 6:30pm (1) 6:30pm – 7:30pm (3) 7:30pm-8:30pm (1) 8:30pm – 9pm (2) 9pm - 9:30 pm (6)	5:30am-6am (6) 6am-7am (3) 7am-9:00am (6) 9:00am-9:45am (3) 9:45am-1:00pm (4) 1:00pm-3:00pm (6) 3pm - 3:30pm (3) 3:30pm-6:30pm (2) 6:30pm – 7:30pm (1) 7:30pm – 9pm (2) 9:00pm-9:30pm (6)	5:30am-9am (6) 9am-9:45am (3) 9:45am-1pm (4) 1pm – 3pm (6) 3pm – 3:30pm (3) 3:30pm - 5pm (2) 5:00 – 6:30pm (1) 5:30pm - 6:30pm (1) 6:30pm – 7:30pm (3) 7:30pm – 9pm (2) 9:00pm – 9:30pm (6)	5:30am-6am (6) 6am-7am (3) 7am-9am (6) 9am-1:30pm (4) 1:30pm-3pm (6) 3pm-3:30pm (3) 3:30pm-5:30pm (2) 5:30pm – 7:30pm (3) 7:30pm – 8:30pm (2)	8am-9am (6) 9am – 9:30am (5) 9:30am-10:30am (2) 10:30am-3:30pm (4) 3:30pm – 5:30pm (6)

Using our Lap Pool/Spa

- 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.
- 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.
- The spa is OPEN: No reservation needed. Please continue to limit your time to a maximum of 15 minutes.
- Children are allowed to use the lap lanes only if they are swimming laps.
- 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.

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
11:00am-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)	9am - 10:30am 12pm - 1:30 pm Water Walking (in 2 shallow lanes)	10:30-12:30pm Water Walking (in 2 shallow lanes)
12:30pm - 1:30pm Open Swim (Lap Pool)	7pm - 9pm Open Swim (Training Pool)	11:00am – 12:00pm Water Walking (Training Pool)	7pm - 9pm Open Swim (Training Pool)	11am - 12 pm Water Walking (Training Pool)	5:00pm – 7:00pm Open Swim (Training Pool)	12:30pm – 5:00pm* Open Swim (Training Pool)
1:30pm – 5:30pm* Open Swim (Training Pool) *May Be in Lap pool During Birthday Party						*May Be in Lap pool During Birthday Party

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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)	8am - 12:30am Group Swim Lesson Small Pool
	8am – 8:45am Arthritis Plus (Amy)		8am – 8:45am Arthritis Plus (Vicki)		8am – 8:45am Arthritis Plus (Amy)	9am - 10:30 am Group Lessons
10:15am-11am Aqua Zumba (Michele)	9:45am – 10:30am Pumping H2O (Maureen)		9am – 9:45am Pumping H2O (Kelly)	9am – 9:45am Aqua Zumba (Michele)	10:30am - 12pm Homeschool Lessons	9:45am – 10:30am Pumping H2O (Karen)
2:30pm - 5:30pm Swim Clinic	<i>3:15pm – 9:00pm</i> <i>Fox Swim Practice</i>	<i>3:15pm – 9:30pm</i> <i>Fox Swim Practice</i>	<i>3:15pm – 9:00pm</i> <i>Fox Swim Practice</i>	<i>3:15pm – 9:30pm</i> <i>Fox</i> <i>Swim Practice</i>	<i>3:15pm – 9:00pm</i> <i>Fox Swim Practice</i>	<i>12:30pm – 3:30pm</i> <i>Fox Swim Practice</i>
	6pm-6:30pm Group Lessons	5pm -5:30pm Group Lessons	6pm-6:30pm Group Lessons	5pm -5:30pm Group Lessons		SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!
	6:40pm-7:25pm Pumping H₂O (Amy B)	5:30pm -7:30pm Swim Clinic	6:40pm-7:25pm Deep H₂O (Amy B)	5:30pm -7:30pm Swim Clinic		
		7:30-8:30pm Masters Swimming				

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.