

# POOL SCHEDULE: January 16<sup>th</sup> – February 18<sup>th</sup>

## Lap Swimming Availability

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am-10am (6) 10am-11am (3) 11am-2:30pm (4) 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) 3pm – 6:30pm (4) 7:30pm – 9:00pm (4) 9:00pm-9:30pm (6)	5:30am-9am (6) 9am-9:45am (3) 9:45am-12:00pm (4) 12:00pm – 1:00pm (2) 1:00pm-3pm (6) 3pm – 3:30pm (3) 3:30pm – 5:30pm (2) 5:30pm – 6:30pm (1) 6:30pm – 7:30pm (3) 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-1:30pm (4) 1:30pm-3:00pm (6) 3:00pm-5:30pm (2) 5:30pm – 6:30pm (3) 6:30pm – 7:30pm (1) 7:30pm-9pm (2) 9pm-9:30pm (6)	5:30am-9am (6) 9am-9:45am (3) 9:45am-1pm (4) 1pm – 3pm (6) 3pm – 3:30pm (3) 3:30pm - 5:30pm (2) 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-9:00am (6) 9:00am – 9:45am (3) 9:45am-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-9:45am (6) 9:45am-10:30am (3) 10:30am-12:30pm (4) 12:30pm – 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
<b>11:00am-12:30pm</b> Water Walking (in 2 shallow lanes)	<b>10:30am-1:30pm</b> Water Walking (in 2 shallow lanes)	<b>9:45am-1pm</b> Water Walking (in 2 shallow lanes)	<b>9:45am - 10:30am</b> <b>12pm - 1:30 pm</b> Water Walking (in 2 shallow lanes)	<b>9:45am-1pm</b> Water Walking (in 2 shallow lanes)	<b>9:45am - 10:30am</b> <b>12pm - 1:30 pm</b> Water Walking (in 2 shallow lanes)	<b>10:30-12:30pm</b> Water Walking (in 2 shallow lanes)
<b>12:30pm - 1:30pm</b> Open Swim (Lap Pool)	<b>6pm – 8:30pm</b> Open Swim (Training Pool)	<b>11am – 12pm</b> Water Walking (Training Pool)	<b>6pm – 8:30pm</b> Open Swim (Training Pool)	<b>11am - 12 pm</b> Water Walking (Training Pool)	<b>5:00pm – 7:00pm</b> Open Swim (Training Pool)	<b>12:30pm – 5:00pm*</b> Open Swim (Training Pool)
<b>1:30pm – 5:30pm*</b> Open Swim - (Training Pool) *May Be in Lap pool During Birthday Party						*May Be in Lap pool During Birthday Party

**POOL SCHEDULE: December 18<sup>th</sup> - January 16<sup>th</sup>**

*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.*

***Pool Programs/Water Exercise Classes***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6am-7am Masters Swimming		6am-7am Masters Swimming		6am-7am Masters Swimming	
	8am – 8:45am Arthritis Plus (Amy)	9am – 9:45am Aqua Zumba (Michele)	8am – 8:45am Arthritis Plus (Vicki)	9am – 9:45am Aqua Zumba (Michele)	8am – 8:45am Arthritis Plus (Amy)	9:45am – 10:30am Pumping H2O (Karen)
10:15am-11am Aqua Zumba (Michele)	9:45am – 10:30am Pumping H2O (Maureen)	12am - 12:45 pm Deep H2O (Susan)	9am – 9:45am Pumping H2O (Kelly)		9am - 9:45 am Deep H2O (Amy)	12:30pm – 3:30pm Fox Swim Practice
2:30pm - 5:30pm Swim Clinic	3:15pm – 9:00pm Fox Swim Practice	3:15pm – 9:30pm Fox Swim Practice	10:30am - 12pm Homeschool Lessons (Starting 1/26)	3:15pm – 9:30pm Fox Swim Practice	10:30am - 12pm Homeschool Lessons (Starting 1/28)	
	6:40pm-7:25pm Pumping H <sub>2</sub> O (Amy B)	5:30pm -7:30pm Swim Clinic (Starting 2/1)	3:15pm – 9:00pm Fox Swim Practice	5:30pm -7:30pm Swim Clinic (Starting 2/3)	3:15pm – 9:00pm Fox Swim Practice	<b>SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!</b>
		7:30-8:30pm Masters Swimming	6:40pm-7:25pm Deep H <sub>2</sub> O (Amy 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.