

# Lap Lane Schedule: Fall/Winter 2022 (Updated 11/23/2022)



**Lap Swimming Availability** - The pool schedule changes seasonally, based on swim lessons and other aquatics programs. Regardless of the programming, we always have lap lanes set aside just for lap swimmers to reserve.

Below is an outline of a typical week, to guide you in making your lap swimming plans. To reserve your lap lane (up to one week in advance), or to see what lanes are currently available, use the QR code on the right to visit our website.

## Using The Lap Pool/Spa

SUNDAY	MONDAY – THURSDAY	FRIDAY	SATURDAY
<b>All Day</b> 3+ Lap Lanes	<b>5:30am - 9:00am</b> 3+ Lap Lanes Available	<b>5:30am - 9:00am</b> 3+ Lap Lanes Available	<b>8am-9:30am</b> 3+ Lap Lanes Available
	<b>9:00am – 12:00pm</b> 2-3 Lap Lanes Available	<b>9:00am – 12:00pm</b> 2-3 Lap Lanes Available	<b>9:30am-12:30pm</b> 2-3 Laps Lanes Available
	<b>12:00pm – 3:00pm</b> 3+ Lap Lanes Available	<b>12:00pm – 3:00pm</b> 3+ Lap Lanes Available	<b>12:30pm-5:30pm</b> 3+ Lap Lanes Available
	<b>3:00pm – 7:00pm</b> 1-2 Lap Lanes Available	<b>3:00pm – 8:30pm</b> 2-3 Lap Lanes Available	
	<b>7:00pm – 9:00pm</b> 2-3 Lap Lanes Available		
	<b>9:00pm – 9:30pm</b> 3+ Lap Lanes Available		

1. You should reserve your lane time online on the HU website (**using the above QR code**) or call the front desk for assistance. When signing up for a lane, you 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.

2. The spa is OPEN: No reservation needed. **Must be at least 14 years of age to use the spa.**

3. Children are allowed to use the lap lanes only if they are swimming laps.
4. We **highly encourage** all patrons to shower prior to entering the pool.
5. 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 November 23<sup>rd</sup> – December 23<sup>rd</sup>

*(Water Walking Times are Intended for EXERCISE ONLY)*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>11am-12:30pm</b> Water Walking (2 shallow lanes)	<b>9:45am -1:30pm</b> Water Walking (2 shallow lanes)	<b>9:45am -1pm</b> Water Walking (2 shallow lanes)	<b>9:45am - 1:30pm</b> Water Walking (2 shallow lanes)	<b>9:45am-1pm</b> Water Walking (2 shallow lanes)	<b>9:45am - 1:30pm</b> Water Walking (2 shallow lanes)	<b>10:30am-12:30pm</b> Water Walking (2 shallow lanes)
<b>12:30pm - 1:30pm</b> Open Swim (Lap Pool)	<b>4pm – 7pm</b> Open Swim (Training Pool)	<b>11:20pm – 12:30pm</b> Water Walking (Training Pool)	<b>4pm – 7pm</b> Open Swim (Training Pool)	<b>11:20pm – 12:30pm</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)						

*\*Open Swim may be moved to the lap pool in the event of a birthday party.*

# Pool Programs/Water Exercise Classes November 23<sup>rd</sup> - December 23<sup>rd</sup>

(Updated 11/23/2022)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6am-7am Masters Swimming (Till 12/12/22)		6am-7am Masters Swimming (Till 12/14/22)		6am-7am Masters Swimming (Till 12/16/22)	8am – 12:10pm Group Swim Lessons (Till 12/17/22)
	8am – 8:45am Arthritis Plus (Amy M.)	9am – 9:45am Aqua Zumba (Michele R.)	8am – 8:45am Arthritis Plus (Vicki K.)		8am – 8:45am Arthritis Plus (Amy M.)	9:45am – 10:30am Pumping H2O (Karen L.)
10:15am-11am Aqua Zumba (Michele R.)	9am – 9:45am Pumping H2O (Amy M.)	12am – 12:45 pm Deep H2O (Susan B.)	9am – 9:45am Pumping H2O (Kelly P.)	9am – 9:45am Aqua Zumba (Michele R.)	9am – 9:45 am Deep H2O (Amy M.)	
2:30pm – 5:30pm Swim Clinic (Till 12/4/22)	3:15pm – 9:00pm Fox Swim Practice	3:15pm – 9:30pm Fox Swim Practice	3:15pm – 9:00pm Fox Swim Practice	3:15pm – 9:30pm Fox Swim Practice	3:15pm – 9:00pm Fox Swim Practice	
	6:40pm-7:25pm Pumping H <sub>2</sub> O (Amy B.)	7:30-8:30pm Masters Swimming (Till 12/13/22)	6:40pm-7:25pm Deep H <sub>2</sub> O (Amy B.)			<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.