

Lap Lane Schedule: Fall 2026

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 visit our web portal a hufitness.clubautomation.com or download the Health Unlimited app.

Using The Lap Pool/Spa

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

1. You should reserve your lane time online on the portal, app, 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-Marchminute 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). You will need to contact the Front Desk to set this up the first time.

- 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. **Must be at least 14 years of age to use the spa.**

3. The spa closes at 8:00pm on Fridays for cleaning.

- Children are allowed to use the lap lanes only if they are swimming laps.
- We **highly encourage** all patrons to shower prior to entering the pool.
- 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 September 8th – December 22nd

(Water Walking Times are Intended for EXERCISE ONLY)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am - 12:30pm Water Walking (3.5' & 4' lanes)	10:00am – 1:30pm Water Walking (3.5' & 4' lanes)	10:00am – 1:00pm Water Walking (3.5' & 4' lanes)	10:00am – 10:30pm 12:00pm – 1:30pm Water Walking (3.5' & 4' lanes)	10:00am – 1:00pm Water Walking (3.5' & 4' lanes)	9:00am – 10:30am Water Walking (3.5' & 4' lanes)	10:30am-12:30pm Water Walking (4' & 4.5' lanes)
12:30pm - 1:30pm Open Swim (Lap Pool)		11:30pm – 1:00pm Water Walking & Open Swim (Training Pool)		11:30pm – 1:00pm Water Walking & Open Swim (Training Pool)	12:00pm – 1:30pm Water Walking (3.5' & 4' lanes)	12:30pm – 5:00pm* Open Swim (Training Pool)
1:30pm – 5:00pm* Open Swim (Training Pool)	6:45pm – 8:30pm Open Swim (Training Pool)	6:00pm – 8:30pm Open Swim (Training Pool)		6:45pm – 8:30pm Open Swim (Training Pool)	4:00pm – 7:00pm 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 September 8th – December 22nd

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00am – 7:00am Masters Swimming		6:00am – 7:00am Masters Swimming		6:00am – 7:00am Masters Swimming	
	8:00am – 8:45am Arthritis Plus (Amy M.)		8:00am – 8:45am Arthritis Plus (Vicki K.)		8:00am – 8:45am Arthritis Plus (Amy M.)	
		9:05am – 9:50am Aqua Zumba (Michele R.)		9:05am – 9:50am Aqua Zumba (Michele R.)		
10:15am-11:00am Aqua Zumba (Michele R.)	9:05am – 9:50am Pumping H ₂ O (Bryn)	12pm – 12:45 pm Deep H ₂ O (Wendy)	9:05am – 9:50am Pumping H ₂ O (Kelly P.)		9:00am – 9:45 am Deep H ₂ O (Amy M.)	9:45am – 10:30am Pumping H ₂ O (Karen L.)
	3:30pm – 9:00pm Fox Swim Practice	3:30pm – 9:00pm Fox Swim Practice	10:30am – 12:00pm Homeschool Swimming	1:00pm – 1:45 pm Deep H ₂ O (Susan)	10:30am – 12:00pm Homeschool Swimming	12:30pm – 3:30pm Fox Swim Practice
2:30pm – 5:30pm Swim Clinic	4:20pm – 6:40pm Group Swim Lessons	4:20pm – 6:40pm Group Swim Lessons	3:30pm – 9:00pm Fox Swim Practice	3:30pm – 9:00pm Fox Swim Practice		
	6:40pm-7:25pm Pumping H ₂ O (Amy B.)	5:30pm – 7:30pm Swim Clinic	4:20pm – 6:40pm Group Swim Lessons	5:30pm – 7:30pm Swim Clinic	3:30pm – 9:00pm Fox Swim Practice	
		7:00-8:00pm Masters Swimming	6:40pm-7:25pm Deep H ₂ O (Wendy)	4:20pm – 6:40pm Group Swim Lessons		
						SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!

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 (Training Pool).
- **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.