# Lap Lane Schedule: Fall 2026

**Lap Swimming Availability** - The pool schedule changes seasonally, based on swim lessons and other aquatics programs. Regardless of the programing, 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**<br>3+ Lap Lanes | **5:30am - 9:00am**<br>3+ Lap Lanes Available<br>**9:00am – 12:00pm**<br>2-3 Lap Lanes Available<br>**12:00pm – 3:00pm**<br>3+ Lap Lanes Available<br>**3:00pm – 7:00pm**<br>1-2 Lap Lanes Available<br>**7:00pm – 9:00pm**<br>2-3 Lap Lanes Available<br>**9:00pm – 9:30pm**<br>3+ Lap Lanes Available | **5:30am - 9:00am**<br>3+ Lap Lanes Available<br>**9:00am – 12:00pm**<br>2-3 Lap Lanes Available<br>**12:00pm – 3:00pm**<br>3+ Lap Lanes Available<br>**3:00pm – 8:30pm**<br>2-3 Lap Lanes Available | **8am-9:30am**<br>3+ Lap Lanes Available<br>**9:30am-12:30pm**<br>2-3 Laps Lanes Available<br>**12:30pm-5:30pm**<br>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.
4. Children are allowed to use the lap lanes only if they are swimming laps.
5. We ***highly encourage*** all patrons to shower prior to entering the pool.
6. 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 3rd – December 22nd

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **11am - 12:30pm**<br>Water Walking<br>(3.5' & 4' lanes)<br>**12:30pm - 1:30pm**<br>Open Swim (Lap Pool)<br>**1:30pm – 5:00pm***<br>Open Swim (Training Pool) | **10:00am – 1:30pm**<br>Water Walking<br>(3.5' & 4' lanes)<br>**6:45pm – 8:30pm**<br>Open Swim<br>(Training Pool) | **10:00am – 1:00pm**<br>Water Walking<br>(3.5' & 4' lanes)<br>**11:30pm – 1:00pm**<br>Water Walking & Open Swim<br>(Training Pool)<br>**6:15pm – 8:30pm**<br>Open Swim (Training Pool) | **10:00am – 10:30pm**<br>**12:00pm – 1:30pm**<br>Water Walking<br>(3.5' & 4' lanes) | **10:00am – 1:00pm**<br>Water Walking<br>(3.5' & 4' lanes)<br>**11:30pm – 1:00pm**<br>Water Walking & Open Swim<br>(Training Pool)<br>**6:45pm – 8:30pm**<br>Open Swim (Training Pool) | **9:00am – 10:30am**<br>Water Walking<br>(3.5' & 4' lanes)<br>**12:00pm – 1:30pm**<br>Water Walking<br>(3.5' & 4' lanes)<br>**4:00pm – 7:00pm**<br>Open Swim<br>(Training Pool) | **10:30am-12:30pm**<br>Water Walking<br>(4' & 4.5' lanes)<br>**12:30pm – 5:00pm***<br>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 3rd – December 22nd*

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **10:15am-11:00am**<br>**Aqua Zumba**<br>**(Michele R.)**<br><br>2:30pm – 5:30pm<br>Swim Clinic | 6:00am – 7:00am<br>Masters Swimming<br><br>**8:00am – 8:45am**<br>**Arthritis Plus**<br>**(Amy M.)**<br><br>**9:05am – 9:50am**<br>**Pumping $H_2O$**<br>**(Bryn)**<br><br>*3:30pm – 9:00pm*<br>*Fox Swim Practice*<br><br>4:20pm – 6:40pm<br>Group Swim Lessons<br><br>**6:40pm-7:25pm**<br>**Pumping $H_2O$**<br>**(Amy B.)** | **9:05am – 9:50am**<br>**Aqua Zumba**<br>**(Michele R.)**<br><br>**12pm – 12:45 pm**<br>**Deep $H_2O$**<br>**(Wendy)**<br><br>*3:30pm – 9:00pm*<br>*Fox Swim Practice*<br><br>4:20pm – 6:40pm<br>Group Swim Lessons<br><br>5:30pm – 7:30pm<br>Swim Clinic<br><br>7:00-8:00pm<br>Masters Swimming | 6:00am – 7:00am<br>Masters Swimming<br><br>**8:00am – 8:45am**<br>**Arthritis Plus**<br>**(Vicki K.)**<br><br>**9:05am – 9:50am**<br>**Pumping $H_2O$**<br>**(Kelly P.)**<br><br>10:30am – 12:00pm<br>Homeschool<br>Swimming<br><br>*3:30pm – 9:00pm*<br>*Fox Swim Practice*<br><br>4:20pm – 6:40pm<br>Group Swim Lessons<br><br>**6:40pm-7:25pm**<br>**Deep $H_2O$**<br>**(Wendy)** | **9:05am – 9:50am**<br>**Aqua Zumba**<br>**(Michele R.)**<br><br>**1:00pm – 1:45 pm**<br>**Deep $H_2O$**<br>**(Susan)**<br><br>*3:30pm – 9:00pm*<br>*Fox Swim Practice*<br><br>5:30pm – 7:30pm<br>Swim Clinic<br><br>4:20pm – 6:40pm<br>Group Swim Lessons | 6:00am – 7:00am<br>Masters Swimming<br><br>**8:00am – 8:45am**<br>**Arthritis Plus**<br>**(Amy M.)**<br><br>**9:00am – 9:45 am**<br>**Deep $H_2O$**<br>**(Amy M.)**<br><br>10:30am – 12:00pm<br>Homeschool<br>Swimming<br><br>*3:30pm – 9:00pm*<br>*Fox Swim Practice* | **9:45am – 10:30am**<br>**Pumping $H_2O$**<br>**(Karen L.)**<br><br>*12:30pm – 3:30pm*<br>*Fox Swim Practice*<br><br>**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.