

# Water Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
<i>Adult Lap</i> 5:30 - 8:30am	<i>Adult Lap</i> 5:30 - 8:30am	<i>Adult Lap</i> 5:30 - 8:30am	<i>Adult Lap</i> 5:30-8:30am	<i>Adult Lap</i> 5:30-8:30am	<b>Saturday</b>
<b>8:30 a.m.</b> <b>AquaFit</b> <b>Diana</b>	<b>8:30 a.m.</b> <b>AquaFit</b> <b>Chavalla</b>	<b>8:30 a.m.</b> <b>Aqua Circuit</b> <b>Jean</b>	<i>Open Swim</i> 8:30-9:00am	<b>8:30 a.m.</b> <b>AquaFit</b> <b>Diana</b>	<i>Adult Lap</i> 7:00-9:00am
<i>Open Swim</i> 9:30-11:00am	<i>Open Swim</i> 9:30 - 11:00am	<b>Swim Lessons</b> <b>9:30-11:00am</b>	<b>Swim Lessons</b> <b>9:30am-11:00am</b>	<i>Open Swim</i> 9:30 - 11:00am	<i>Open Swim</i> 9:00am - 1:00pm
<b>11:00 a.m.</b> <b>AquaArthritis</b> <b>Rachel</b>	<b>11:00 a.m.</b> <b>AquaArthritis</b> <b>Karen</b>	<i>Open Swim</i> 11:00am - 12:00pm	<b>11:00 a.m.</b> <b>AquaArthritis</b> <b>Karen</b>	<b>11:00 a.m.</b> <b>AquaArthritis</b> <b>Merle</b>	<i>Adult Lap</i> 1:00-3:00pm
<i>Adult Lap</i> 12:00pm-1:00pm	<i>Adult Lap</i> 12:00pm - 1:00pm	<i>Adult Lap</i> 12:00pm - 1:00pm	<i>Adult Lap</i> 12:00pm-1:00pm	<i>Adult Lap</i> 12:00pm-1:00pm	<i>Open Swim</i> 3:00-6:30pm
<i>Open Swim</i> 1:00-3:00pm	<i>Open Swim</i> 1:00-8:00pm	<i>Open Swim</i> 1:00-3:00pm	<i>Open Swim</i> 1:00-8:00pm	<i>Open Swim</i> 1:00pm - 4:30 pm	<i>Adult Lap</i> 6:30-8:00pm
<b>Swim Lessons</b> <b>3:00pm - 5:30pm</b>		<b>Swim Lessons</b> <b>3:00pm - 4:30pm</b>		<b>Swim Lessons</b> <b>4:30-5:30pm</b>	<b>Sunday</b>
<i>Adult Lap</i> 5:30-7:30pm		<i>Adult Lap</i> 4:30 - 6:30pm		<i>Adult Lap</i> 4:30 - 6:30pm	<i>Adult Lap</i> 8:00 - 10:00am
<i>Open Family</i> <i>Swim</i> 7:30-9:15pm		<i>Open/Family</i> <i>Swim</i> 6:30 - 9:15pm		<i>Open/Family</i> <i>Swim</i> 6:30 - 9:15pm	<i>Open Swim</i> 10:00am - 4:30pm
<i>Open Family</i> <i>Swim</i> 7:30-9:15pm	<i>Adult Lap</i> 8:00-9:15pm	<i>Open/Family</i> <i>Swim</i> 6:30 - 9:15pm	<i>Adult Lap</i> 8:00-9:15pm	<i>Open Swim</i> 6:30-8:15pm	<i>Adult Lap</i> 4:30 - 6:30pm

Oct-11

### General Information

\*[www.hrsportsclub.com](http://www.hrsportsclub.com)

\*Average pool temperature is 86.5 degrees Fahrenheit.      \*Length 25 Meters

\*The pool, whirlpool, & steam room close 15 minutes **prior** to club closing.

\*Please respect the classes in session & plan family swim accordingly!

### Pool Rules

**\*State law requires an adult must directly supervise children under the age of 14 while in the pool.**

(unless cadet test has been passed)

**\*Horseplay such as running, dunking, or shoving is not permitted.**

**\*Absolutely NO DIVING!**

\*No sitting or hanging on lap lines.

\*Emergency equipment to be used by qualified (authorized) personnel only.

**\*Shower before entering pool, whirlpool, steam room or sauna!**

\*No food, drink or glass containers allowed in or around pool area.

\*Children not toilet trained are required to wear plastic pants. No diapers in the pool. You can purchase these at the front desk.

**\*Your activity in the pool may be shared with other programs, and at times certain areas may be closed.**

# Group Descriptions

Below are descriptions of HRSC water exercise classes with a suggested level of participation. We always welcome our members' comments and suggestions.

**AquaFit:** This one hour class offers cardio and endurance segments, as well as toning and stretching in the water. Intensity is individualized. You will leave this workout feeling great!

**AquaArthritis:** A 45 minute class developed for people with arthritic conditions or other physical limitations where joint mobility/flexibility is a problem. Basic aquatic moves to increase or regain range of motion, strength, endurance and balance.

**Swim Lessons:** Excellent small group instruction. Inquire at the Front Desk for class times and registration. Private and semi-private lessons are also available. Pool closed during class time.

**Adult Lap Swim:** Swimmers must swim in a circular motion to enable more swimmers to use the pool at the same time. 14 years of age and older only. Pool Only Open to Lap Swimmers.

**Aqua Circuit:** This is a one hour class that requires class participation. A 45 minute class workout with a fun water polo game following. Pool closed during class times.

**Swim Club:** This is an extension of our swim lessons. Intended for the kids working on improving their swim strokes. Pool closed during class time.