

Aquatics Schedule

Main Pool

July 2020

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	2026 July
5:00 AM	Closed	Lap Swim All 5 Lanes 5:00-7:00					
5:15 AM							
5:30 AM							
5:45 AM							
6:00 AM							
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM			Aqua-Tabata- Strength w/Lisa 8:40-9:40		Aqua-Tabata- Strength w/Lisa 8:40-9:40		
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM	S U N D A Y O P E N S W I M		Synapse Surf w/Rita 9:00-10:00		Synapse Surf w/Rita 9:00-10:00		Please Note: May operate on: *NO LIFEGUARD ON DUTY* Swim at your own risk *WATCH YOUR CHILDREN* Adult Only Swim 5am-11am M-F CLASSES HAVE PRIORITY USE OF POOL No children during classes Aqua-Fit Works on core strengthening, balance and endurance. Great for all ages! Aqua-Tabata-Strength Interval class with 20 seconds of intense exercise and 10 seconds of rest done in shallow water. Cardio Water Class Strengthen your core and amp up your cardiovascular fitness with this high energy yet low impact workout! Synapse Surf Fun balancing on noodles, playing with balls and exercising your brain synapses as you have a great total body workout. Lap Swim Please see the Lap Swim Etiquette handout for how to share lanes. Thank you for sharing!
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM		Aqua~Fit w/Dee 10:00-11:00	Cardio Water w/Fern 10:00-11:00	Aqua~Fit w/Dee 10:00-11:00	Cardio Water w/Fern 10:00-11:00		
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM		 HCPS SUMMER PLUS 12:15-3:45  *No Lap Lanes*					
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM			 FLAG CAMP 1:15-3:15 *No Lap Lanes*				
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM						Pool Deck Cleaning (Pool Open) 1:00pm- 3:45pm FRIDAYS *loud washers in use*	
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM	Closed					Closed	
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM	Closed					Closed	
8:15 PM							
8:30 PM							
8:45 PM							
7:00 PM	Closed					Pool Hours of Operations Sun 9am-5:45pm Mon-Thurs 5am-8:45pm Fri 5am-3:45pm Sat CLOSED	
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
8:15 PM							
8:30 PM							
8:45 PM							