



Fitness Pool															
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday						
5:30a-7:00a	Swim Fitness	Swim Fitness	Swim Fitness	Swim Fitness	Swim Fitness	5:30a-6:00a	Closed	5:30a-6:00a	Closed						
7:00a-8:00a								6:00a-7:00a			6:00a-7:00a				
8:00a-9:00a				Aqua Fit			Aqua Fit		7:00a-8:00a	Swim Fitness	7:00a-8:00a	Swim Fitness			
9:00a-10:00a	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open Swim/Lap Swim	8:00a-8:30a	Open Swim/Lap Swim	8:00a-8:30a	Open Swim/Lap Swim						
10:00a-11:00a												8:30a-9:00a		8:30a-9:00a	
11:00a-11:30a												9:00a-10:00a		9:00a-10:00a	
11:30a-12:00p												10:00a-11:00a		10:00a-11:00a	
12:00p-12:30p												11:00a-12:00p		11:00a-12:00p	
12:30p-1:00p												12:00p-12:30p		12:00p-12:30p	
1:00p-1:30p												12:30p-1:00p		12:30p-1:00p	
1:30p-2:00p						LG Training						1:00p-2:00p		1:00p-2:00p	
2:00p-2:30p												2:00p-3:00p		2:00p-3:00p	
2:30p-3:30p												3:00p-4:00p		3:00p-4:00p	
3:30p-4:00p					4:00p-4:30p		4:00p-4:30p								
4:00p-4:30p					4:30p-5:00p		4:30p-5:00p								
4:30p-5:00p					5:00p-6:00p		5:00p-6:00p								
5:00p-6:30p					6:00p-7:00p										
6:30p-7:00p					7:00p-8:00p		6:00p	Closed							
7:30p-8:00p					8:00p										
8:00p	Closed	Closed	Closed	Closed	Closed										

***Notes:** A lap lane may be added to the fitness pool to best accommodate all swimming needs.

Children's Pool														
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday					
5:30a-10:00a	Closed	Closed	Closed	Closed	Closed	7:00a-9:00a	Closed	7:00a-9:00a	Closed					
10:00a-3:00p	Open Swim										9:00a-8:00p	Open Swim	9:00a-6:00p	Open Swim
3:00p-8:00p											8:00p	Closed	6:00p	Closed
8:00p	Closed	Closed	Closed	Closed	Closed									

***Notes:** Periodic 1:1 instruction / groups for special needs members during open swim.

Current Channel / Shark Alley											
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday		
5:30am-10am	Swim Fitness	Swim Fitness	Swim Fitness	Swim Fitness	Swim Fitness	7:00a-9:00a	Swim Fitness	7:00a-9:00a	Swim Fitness		
	ISR	ISR	ISR	ISR	ISR						
10:00a-3:00p	Open Swim	Closed	Closed	Closed	Closed	9:00a-8:00p	Open Swim	9:00a-6:00p	Open swim		
3:00p-8:00p											
8:00p	Closed	Closed	Closed	Closed	Closed	8:00pm	Closed	6:00pm	Closed		

Family Spa											
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday		
5:30a-10:00a	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	7:00a-8:00p	Open Swim	7:00a-6:00p	Open Swim		
10:00a-3:00p											
3:00p-8:00p							8:00p	Closed	6:00p	Closed	
8:00p	Closed	Closed	Closed	Closed	Closed						

- "Swim Fitness" times are reserved for water walking, lap swimming, etc.
- Birthday Parties are scheduled Fridays 5:00p-7:00p, Saturdays & Sundays 10:00a-12:00p & 1:00p-3:00p & 4:00p-6:00p - Inquire online @ hrcaonline.org
- Outside Groups wishing to utilize the Southridge Pools, please contact the Aquatics Manager at least one week prior to your requested usage date.
- Questions may be directed to the Aquatics Manager at 303-471-7060.

Pool Schedule Subject to Change Without Notice