Dec 4th, 2021 - January 7th, 2022

Dec 4tn, 2021 - January /tn, 2022 Pool Activities 5:00 AM 6:00 AM 7:00 AM 8:00 AM 9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 9:00 PM														0.00 514				
Pool Activities	Lana 1		6:00 AM	7:00 AM	8:00 AM	9:00 A	M 10:00) AM 11:0	JO AM	12:00 PM 1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM
Deep Water Tue/Thu 8am-9am	Lane 1 Lane 2 Lane 3		HHS Swim Team 5:30am-7:00am LAP SWIM			LAP SWIM				REC SWIM 12:00PM-4:00PM					- Swim Team PM-8:00PM	REC SWIM 8PM-9PM		
Sculpting Water Mon/Wed 6- 6:45pm Tues/Thurs	Lane 5 Lane 4 Lane 5 Lane 6 Lane 7	EXERCISE/WATER WALKING 5AM-8:20AM			Aqua Tabata 8:10AM- 8:50AM	8:10AM-		Aquacise VATER WALKING 10:30AM- 11:30AM		Lap Swim EXERCISE/Lap Swim/WATER WALKING			Aqua Tabata 5:15PM- 5:55PM	Sculpting Water 6:00PM- 6:45PM	EXERCISE/Lap WALk			
9am-10am Streamline Tues 5:30-6:	Lane 8 Lane 1 Lane 2 Lane 3 Lane 4	Streamline 5:30AM- 6:30AM			LAP SWIM					REC SWIM 12:00PM-4:00PM			HHS - Swim Team HYAC - S			- Swim Team PM-8:00PM	REC SWIM 8PM-9PM	
30am Aquacise M-Tu-Thu	Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	EXERCISE/WATER WALKING 5AM-8AM			Deep Water 8-9AM	Sculpting Water / WATER 9AM-10AM		Aquacise 10:30AM- 11:30AM		EXERCISE/Lap Swim/WATER WALKING			HHS Dive Team 5:00PM-6:30PM (Deep end only)			ERCISE/Lap Swim/WATER WALKING		
10:30-11:30am - Aqua Tabata Mon & Wed	Lane 1 Lane 2 Lane 3	-	HHS Swim Team 5:30am-7:00am LAP SWIM EXERCISE/WATER WALKING 5AM-8:20AM				LAP SWIM		REC SWIM 12		PM	HHS - Sw 4:00PM -			- Swim Team PM-8:00PM	REC SWIM 8PM-9PM		
5:15-5:55pm M/W/F 8:10- 8:50am Aqua Fit	Served States St	EXE				EXERCISE/WATER WALKING		AFYAP 10:45AM- 11:15AM		EXERCISE/Lap Swim/W	<u>Swim</u> ATER WALKI	ING		Aqua Tabata 5:15PM- 5:55PM	Sculpting Water 6:00PM- 6:45PM	EXERCISE/Lap WALk		
Sat: 8:30-9: 30am AFYAP	Lane Lane 2 Lane 3	ane 1 ane 2 ane 3			LAP SWIM				REC SWIM 12		PM				- Swim Team PM-8:00PM	REC SWIM 8PM-9PM Lap Swim		
M: 11:30a-12p W/F: 10:45a- 11:15a	Lane 5 Lane 6 Lane 7	EXERC	EXERCISE/WATER WALKING 5AM-8AM			Deep Sculpting EX /ater Water Water 9AM 9AM-10AM		10:30AM-		· · · · · · · · · · · · · · · · · · ·	Lap Swim ISE/Lap Swim/WATER WALKING			HHS Dive Team EXE 5:00PM-6:30PM (Deep end only)			ERCISE/Lap Swim/WATER WALKING	
REC SWIM M/T/W/Th/F 12pm-4:00pm, 8pm-9pm Sat/Sun:	Lane 8 Lane 1 Lane 2 Lane 3				LAP SWIM			REC SWIM 12	2:00PM-4:00F Swim	PM	HHS - Sw 4:00PM -	/im Team	HYAC	- Swim Team PM-8:00PM	REC SWIM 8PM-9PM Lap Swim			
12pm-7pm Lap swim changes throughout the year according to	Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	EXE	EXERCISE/WATER WALKING 5AM-8:20AM		Aqua Tabata 8:10AM- 8:50AM	EXERCISE/ WATER WALKING		AFYAP G 10:45AM - 11:15AM		EXERCISE/Lap Swim/W		ING		HHS Dive T 5:00PM-6:3 (Deep end c	0PM		KERCISE/Lap Swim/WATER WALKING	
the pool activities. Please check schedule. During busy times you may be asked to share a lane. **The pool schedule is subject to change at any time.	Lane 1 Lane 2 Lane 3 Lane 4				LAP SWIM 7AM-10AM		Special Olympics		REC SWIM 12PM-7PM									
	Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	OPEN	AT 7AM	EXERCISE/La Swim/WATER W			EXERCISE/Lap WATER WAI	ERCISE/Lap Swim/ WATER WALK		LAP SWIM EXERCISE/Lap Swim /WATER WALKING 12PM-7PM					CLC	CLOSED AT 7 PM		
Please see website for special pool closures/events.	Lane 1 Lane 2 Lane 3								REC SWIM 12PM-7PM									
For aqua class descriptions, please see FITNESS SCHEDULE Revised 12/	Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8			OPE	PEN AT NOON				EXERCISE/Lap Swim /WATER WALKING 12PM-7PM						CLC	CLOSED AT 7 PM		

Revised 12/03/2021