

Dec 4th, 2021 - January 7th, 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	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM					
Deep Water Tue/Thu 8am-9am Sculpting Water Mon/Wed 6-6:45pm Tues/Thurs 9am-10am Streamline Tues 5:30-6:30am Aquacise M-Tu-Thu 10:30-11:30am Aqua Tabata Mon & Wed 5:15-5:55pm M/W/F 8:10-8:50am Aqua Fit Sat: 8:30-9:30am AFYAP M: 11:30a-12p W/F: 10:45a-11:15a REC SWIM M/T/W/Th/F 12pm-4:00pm, 8pm-9pm Sat/Sun: 12pm-7pm <small>Lap swim changes throughout the year according to the pool activities. Please check schedule. During busy times you may be asked to share a lane.</small> <small>**The pool schedule is subject to change at any time. Please see website for special pool closures/events.</small> <small>For aqua class descriptions, please see FITNESS SCHEDULE</small>	Monday Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	HHS Swim Team 5:30am-7:00am		LAP SWIM				REC SWIM 12:00PM-4:00PM				HHS - Swim Team 4:00PM - 6:00PM		HYAC - Swim Team 6:00PM-8:00PM		REC SWIM 8PM-9PM							
		LAP SWIM				Lap Swim										Lap Swim							
		EXERCISE/WATER WALKING 5AM-8:20AM			Aqua Tabata 8:10AM-8:50AM		EXERCISE/WATER WALKING		Aquacise 10:30AM-11:30AM		AFYAP 11:30AM-12PM		EXERCISE/Lap Swim/WATER WALKING				Aqua Tabata 5:15PM-5:55PM		Sculpting Water 6:00PM-6:45PM		EXERCISE/Lap Swim/WATER WALKING		
		Tuesday Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	Streamline 5:30AM-6:30AM		LAP SWIM				REC SWIM 12:00PM-4:00PM				HHS - Swim Team 4:00PM - 6:00PM		HYAC - Swim Team 6:00PM-8:00PM		REC SWIM 8PM-9PM						
			LAP SWIM				Lap Swim										Lap Swim						
			EXERCISE/WATER WALKING 5AM-8AM			Deep Water 8-9AM		Sculpting Water 9AM-10AM		EXERCISE / WATER WALKING		Aquacise 10:30AM-11:30AM		EXERCISE/Lap Swim/WATER WALKING				HHS Dive Team 5:00PM-6:30PM (Deep end only)		EXERCISE/Lap Swim/WATER WALKING			
			Wednesday Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	HHS Swim Team 5:30am-7:00am		LAP SWIM				REC SWIM 12:00PM-4:00PM				HHS - Swim Team 4:00PM - 6:00PM		HYAC - Swim Team 6:00PM-8:00PM		REC SWIM 8PM-9PM					
				LAP SWIM				Lap Swim										Lap Swim					
EXERCISE/WATER WALKING 5AM-8:20AM				Aqua Tabata 8:10AM-8:50AM		EXERCISE/WATER WALKING		AFYAP 10:45AM-11:15AM		EXERCISE/Lap Swim/WATER WALKING				Aqua Tabata 5:15PM-5:55PM		Sculpting Water 6:00PM-6:45PM		EXERCISE/Lap Swim/WATER WALKING					
Thursday Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	LAP SWIM				REC SWIM 12:00PM-4:00PM				HHS - Swim Team 4:00PM - 6:00PM		HYAC - Swim Team 6:00PM-8:00PM		REC SWIM 8PM-9PM										
	LAP SWIM				Lap Swim										Lap Swim								
	EXERCISE/WATER WALKING 5AM-8AM			Deep Water 8-9AM		Sculpting Water 9AM-10AM		EXERCISE / WATER WALKING		Aquacise 10:30AM-11:30AM		EXERCISE/Lap Swim/WATER WALKING				HHS Dive Team 5:00PM-6:30PM (Deep end only)		EXERCISE/Lap Swim/WATER WALKING					
	Friday Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	LAP SWIM		LAP SWIM				REC SWIM 12:00PM-4:00PM				HHS - Swim Team 4:00PM - 6:00PM		HYAC - Swim Team 6:00PM-8:00PM		REC SWIM 8PM-9PM							
		LAP SWIM				Lap Swim										Lap Swim							
		EXERCISE/WATER WALKING 5AM-8:20AM			Aqua Tabata 8:10AM-8:50AM		EXERCISE / WATER WALKING		AFYAP 10:45AM - 11:15AM		EXERCISE/Lap Swim/WATER WALKING				HHS Dive Team 5:00PM-6:30PM (Deep end only)		EXERCISE/Lap Swim/WATER WALKING						
		Saturday Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8	LAP SWIM 7AM-10AM		Special Olympics		REC SWIM 12PM-7PM								CLOSED AT 7 PM								
			OPEN AT 7AM		EXERCISE/Lap Swim/WATER WALK		AQUA FIT 8:30-9:30		EXERCISE/Lap Swim/WATER WALK		Uses entire pool 11am-12pm		LAP SWIM										
										EXERCISE/Lap Swim /WATER WALKING 12PM-7PM													
Sunday Lane 1 Lane 2 Lane 3 Lane 4 Lane 5 Lane 6 Lane 7 Lane 8			LAP SWIM				REC SWIM 12PM-7PM								CLOSED AT 7 PM								
			OPEN AT NOON				LAP SWIM																
											EXERCISE/Lap Swim /WATER WALKING 12PM-7PM												