

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	
<div>Deep Water Tue/Thu 8am-9am</div> <div>Sculpting Water Mon/Wed 6:00-6:45pm</div> <div>Aquacise M/W/F 10:30-11:25am</div> <div>AFYAP M/W/F 11:30am-12pm</div> <div>Streamline Tues 5:30-6:15 am</div> <div>Aqua Fit Saturdays 8:30-9:30am</div> <div>Aqua Tabata Mon/Wed 5:15-5:55pm Mon/Wed/Fri 8:10-9:00am</div> <div>REC SWIM  MON-FRI &gt; 12pm-4pm M/WTh/F &gt; 8-8:45pm SAT/SUN: 12pm-6:45pm  Rec swim hours change throughout the year based on current pool events/programs and availability. Please always refer to most current schedule for Rec Swim times.</div> <div>*The pool ramp area is not for children to play/swim except during swim lesson programming when applicable.</div> <div>*During busy lap swim times, you may be asked to share a lane.</div> <div>*Swimwear is required for ALL swim activities</div> <div>For aqua class descriptions, please see FITNESS SCHEDULE</div>	Monday	Lane 1			HHS Swim Team 5:30am-7:00am		LAP SWIM										REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)						HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM								
		Lane 2																									Lap Swim								
		Lane 3																																	
		Lane 4					LAP SWIM										Lap Swim																		
		Lane 5	EXERCISE/WATER WALKING				Aqua Tabata 8:10AM- 9:00AM		EXERCISE/WATER WALKING				Aquacise 10:30AM- 11:25AM		AFYAP 11:30AM- 12PM		EXERCISE/Lap Swim/WATER WALKING								Aqua Tabata 5:15PM- 5:55PM		Sculpting Water 6PM- 6:45PM		EXERCISE/Lap Swim/ WATER WALKING						
		Lane 6																																	
		Lane 7																																	
		Lane 8																																	
	Tuesday	Lane 1			Streamline 5:30-6:15am		LAP SWIM								Tiny Tots Swim* 10-11AM *(kids 0-5 w/parent)		REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)						HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		Lap Swim								
		Lane 2																																	
		Lane 3																																	
		Lane 4					LAP SWIM								Lap Swim																				
		Lane 5	EXERCISE/WATER WALKING				Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING												EXERCISE/Lap Swimming/WATER WALKING		Special Olympics 8PM-9PM (no practice 01/06 & 01/13)												
		Lane 6																																	
		Lane 7																																	
		Lane 8																																	
	Wednesday	Lane 1			HHS Swim Team 5:30am-7:00am		LAP SWIM										REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)						HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM								
		Lane 2																									Lap Swim								
		Lane 3																																	
		Lane 4					LAP SWIM										Lap Swim																		
		Lane 5	EXERCISE/WATER WALKING				Aqua Tabata 8:10AM- 9:00AM		EXERCISE/WATER WALKING				Aquacise 10:30AM- 11:25AM		AFYAP 11:30AM- 12PM		EXERCISE/Lap Swim/WATER WALKING								Aqua Tabata 5:15PM- 5:55PM		Sculpting Water 6PM- 6:45PM		EXERCISE/Lap Swim/ WATER WALKING						
		Lane 6																																	
		Lane 7																																	
		Lane 8																																	
Thursday	Lane 1			LAP SWIM								Tiny Tots Swim* 10-11AM *(kids 0-5 w/parent)		REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)						HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM											
	Lane 2																							Lap Swim											
	Lane 3																																		
	Lane 4											Lap Swim																							
	Lane 5	EXERCISE/WATER WALKING				Deep Water 8-9AM		EXERCISE/Lap Swim/WATER WALKING												Group Lesssons 5:30-7:00pm (ends Jan 29th)		EXERCISE/Lap Swimming/WATER WALKING													
	Lane 6																																		
	Lane 7																																		
	Lane 8																																		
Friday	Lane 1			LAP SWIM								REC SWIM 12:00PM-4:00PM (kids 7 and under must have a parent in water with them during rec swim)						HHS Swim Team 4:00-6:00PM		HYAC Swim Team 6:00-8:00PM		REC SWIM 8:00-8:45PM													
	Lane 2																					Lap Swim													
	Lane 3																																		
	Lane 4			LAP SWIM								Lap Swim																							
	Lane 5																																		