

# June 7–July 31

## AQUATIC SCHEDULE for Hempfield recCenter Indoor and Outdoor Feature Pools

### Monday

#### Morning

5:00-7:00 Lap Swim - six lanes  
 7:00-8:00 Deep H2O  
 8:00-10:00 Swim Team  
 10:00-11:00 SwimAmerica™ Preschool  
 11:00-12:00 SwimAmerica™ School-Age

#### Afternoon

12:00-7:00 Family Swim - Indoor  
 12:00-8:00 Family Swim - Outdoor  
 7:00-8:00 Shallow SS  
 8:00-9:30 Family Swim - Indoor

### Tuesday

#### Morning

5:00-6:00 Lap Swim - six lanes  
 6:00-7:00 HydroFit  
 7:00-8:00 Shallow SS  
 8:00-10:00 Swim Team  
 10:00-11:00 SwimAmerica™ Preschool  
 11:00-12:00 SwimAmerica™ School-Age

#### Afternoon

12:00-7:00 Family Swim - Indoor  
 12:00-8:00 Family Swim - Outdoor  
 7:00-8:00 Deep H2O  
 8:00-9:30 Family Swim - Indoor

### Wednesday

#### Morning

5:00-7:00 Lap Swim - six lanes  
 7:00-8:00 Deep H2O  
 8:00-10:00 Swim Team  
 10:00-11:00 SwimAmerica™ Preschool  
 11:00-12:00 SwimAmerica™ School-Age

#### Afternoon

12:00-7:00 Family Swim - Indoor  
 12:00-8:00 Family Swim - Outdoor  
 7:00-8:00 Shallow SS  
 8:00-9:30 Family Swim - SCUBA

### Thursday

#### Morning

5:00-6:00 Lap Swim - six lanes  
 6:00-7:00 HydroFit  
 7:00-8:00 Shallow SS  
 8:00-10:00 Swim Team  
 10:00-11:00 SwimAmerica™ Preschool  
 11:00-12:00 SwimAmerica™ School-Age

#### Afternoon

12:00-7:00 Family Swim - Indoor  
 12:00-8:00 Family Swim - Outdoor  
 7:00-8:00 HydroFit  
 8:00-9:30 Family Swim - Indoor

### Friday

#### Morning

5:00-7:00 Lap Swim - six lanes  
 7:00-8:00 Shallow SS  
 8:00-10:00 Swim Team  
 10:00-11:00 SwimAmerica™ Day Camp  
 11:00-12:00 Private Lessons  
 11:00-12:00 Lap Swimming

#### Afternoon

12:00-9:30 Family Swim - Indoor  
 12:00-8:00 Family Swim - Outdoor  
 6:00-9:30 Private Lessons  
 8:00-9:30 Family Swim - Indoors

### Saturday

#### Morning

7:00-8:00 Lap Swim - six lanes  
 8:00-9:00 Deep H2O  
 9:00-10:00 Aqua Tots  
 10:00-12:00 Private Lessons  
 10:00-12:00 Lap Swim

#### Afternoon

12:00-6:30 Family Swim - Indoor  
 12:00-6:30 Family Swim - Outdoor

### Sunday

#### Morning

7:00-11:00 Lap Swim - six lanes  
 11:00-12:00 Private Lessons

#### Afternoon

12:00-6:30 Family Swim - Indoors  
 12:00-6:30 Family Swim - Outdoors

Schedule is subject to change due to special events or extenuating circumstances..

*Please sign up to receive our e-mail notifications for the latest updates delivered right to your in-box!*

For detailed class descriptions, visit [hempfieldrec.com](http://hempfieldrec.com)

#### LAP LANE AVAILABILITY

No indoor lap lanes during Stingray Swim Team practice 8:00-10:00 am. One lap lane during 10:00-12:00 pm. One lap lane during ALL group water classes and SwimAmerica™.

#### POOL CLOSURES

Pool hours are subject to change due to weather, meets and special events. Please visit [hempfieldrec.com](http://hempfieldrec.com) for the most up-to-date information.

Home meets for Hempfield Stingrays are set for June 19, 21, 28 and July 10. The indoor pool will close at 5:00 pm on those dates.