

Jan 1—Mar 14

AQUATIC SCHEDULE for Hempfield recCenter Indoor Pool

Monday

Morning

5:00-6:00 Lap Swim - 6 lanes
 6:00-7:30 Master Swimming - 3 lanes
 8:00-9:00 Shallow H2O
 9:00-10:00 Deep H2O
 10:00-11:00 H2O Pilates
 11:00-1:30 Family Swim

Afternoon

1:30-2:30 Shallow SilverSneaker®
 2:30-3:30 Family Swim
 3:30-5:30 HHS Team Practice
 5:30-6:30 SwimAmerica™ Stroke
 6:30-7:30 Hydrofit
 7:30-9:30 Family Swim

Tuesday

Morning

5:00-6:00 Lap Swim - 6 lanes
 6:00-7:00 HydroFit
 6:00-7:00 Aqua Spin
 7:00-9:00 Lap Swim - 6 lanes
 9:00-10:00 Shallow/Deep H2O
 10:00-11:00 Aqua Spin
 11:00-12:30 Family Swim

Afternoon

12:30-1:30 SwimAmerica™ PreSch
 1:30-3:30 Family Swim
 1:30-3:30 Lap Swim - 3 lanes
 3:30-5:30 HHS Team Practice
 5:30-6:30 SwimAmerica™ Sch Age
 6:30-7:30 Shallow/Deep
 7:30-9:30 Family Swim

Wednesday

Morning

5:00-6:00 Lap Swim - 6 lanes
 6:00-7:30 Master Swimming - 3 lanes
 8:00-9:00 Shallow H2O
 9:00-10:00 Deep H2O
 10:00-11:00 H2O Pilates
 11:00-1:30 Family Swim

Afternoon

1:30-2:30 Shallow SilverSneaker®
 2:30-3:30 Family Swim
 3:30-5:30 HHS Team Practice
 5:30-6:30 SwimAmerica™ Stroke
 6:30-7:30 Water Running/Walking
 6:30-7:30 Aqua Stand Up®
 6:30-7:30 Aqua Spin
 7:30-9:30 Family Swim

Thursday

Morning

5:00-6:00 Lap Swim - 6 lanes
 6:00-7:00 HydroFit
 7:00-9:00 Lap Swim - 6 lanes
 9:00-10:00 Shallow/Deep H2O
 10:00-11:00 Aqua Spin
 11:00-12:30 Family Swim

Afternoon

12:30-1:30 SwimAmerica™ PreSch
 1:30-3:30 Family Swim
 1:30-3:30 Lap Swim - 3 lanes
 3:30-5:30 HHS Team Practice
 5:30-6:30 SwimAmerica™ Sch Age
 6:30-7:30 Shallow/Deep
 7:30-9:30 Family Swim

Friday

Morning

5:00-8:00 Lap Swim - 6 lanes
 8:00-9:00 Shallow H2O
 9:00-10:00 Deep H2O
 10:00-11:00 Turbulence & Tranquility
 11:00-1:30 Family Swim

Afternoon

1:30-2:30 Shallow SilverSneaker®
 2:30-3:30 Family Swim
 3:30-5:30 HHS Team Practice
 5:30-6:30 SwimAmerica™ Stroke
 6:30-7:30 Aqua Stand Up®
 6:30-9:30 Family Swim

Saturday

Morning

7:00-9:00 Lap Swim - 6 lanes
 9:00-10:00 Deep H2O
 9:00-10:00 Aqua Tots
 10:00-11:00 SwimAmerica™ Stroke
 11:00-11:30 SwimAmerica™ Sch Age
 11:30-12:00 SwimAmerica™ Sch Age

Afternoon

12:00-12:30 SwimAmerica™ PreSch
 12:30-1:00 SwimAmerica™ PreSch
 1:30-6:30 Family Swim

Sunday

Morning

7:00-11:00 Lap Swim - 6 lanes
 11:00-12:00 Aqua Stand Up®

Afternoon

12:00-6:30 Family Swim

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

LAP LANE AVAILABILITY

No lap lanes during SwimAmerica™ Stroke Clinics held M, W, F 5:30-6:30 pm and Sa 10:00-11:00 am. One lap lane will be available during group water aerobics, SwimAmerica™ lessons and *HHS swim team practices. *Some exceptions apply.

POOL CLOSURES

Pool hours are subject to change due to weather, meets and special events. Please visit hempfieldrec.com for the most up-to-date information.

CHILDREN

Children ages 12 and under must be accompanied by an adult.

Infants and toddlers must wear a swim diaper.

Swim tests will be conducted by lifeguards. Minors of any age who cannot swim 25 meters with their face in the water in a strong manner, or who need any type of flotation device must be accompanied by an adult in the water. The adult must be within reach of their non-swimmer at all times.

CONTACT:

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