

# 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
- 6:30-7:30 Aqua Stand Up®
- 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

- 7:00-12:00 Lap Swim - 6 lanes
- 7:00-12:00 Private Lessons

#### 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](http://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](http://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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