



Oct. 14-Nov. 17

AQUATIC SCHEDULE for Hempfield recCenter Indoor Pool Aquatic Group Ex. (* in blue, bold text - included with membership), Lap Lanes and Family Swim

Monday

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 **Water Pilates**
 11:00-1:30 Family Swim

Afternoon

11:00-1:30 Family Swim
 1:30-2:30 **Shallow H2O**
 2:30-3:30 Family Swim
 3:30-5:00 **High School Pre-season**
 3:30-5:30 **Private Lessons**
 5:30-6:30 **School-Age Stroke Clinic**
 6:30-7:30 **Water Walking**
 6:30-7:30 **Aqua Spin**
 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**
 7:00-9:00 Lap Swim - 6 lanes
 9:00-10:00 **Shallow H2O**
 9:00-10:00 **Deep H2O**
 10:00-11:00 **Aqua Spin**
 11:00-12:30 Family Swim

Afternoon

11:00-12:30 Family Swim
 12:30-1:30 **Preschool Swim Lessons**
 1:30-3:30 Family Swim
 3:30-5:30 **Private Lessons**
 3:30-5:00 **High School Pre-season**
 5:30-6:30 **School-Age Swim Lessons**
 6:30-7:30 **Shallow/Deep**
 7:30-9:30 Family Swim

Wednesday

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 **Water Pilates**
 11:00-1:30 Family Swim

Afternoon

11:00-1:30 Family Swim
 1:30-2:30 **Shallow H2O**
 2:30-3:30 Family Swim
 3:30-5:00 **High School Pre-season**
 3:30-5:30 **Private Lessons**
 5:30-6:30 **School-Age Stroke Clinic**
 6:30-7:30 **Water Walking**
 6:30-7:30 **AQUA Stand Up®**
 7:30-9:30 Family Swim/Scuba

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 H2O**
 9:00-10:00 **Deep H2O**
 10:00-11:00 **Aqua Spin**
 11:00-12:30 Family Swim

Afternoon

11:00-12:30 Family Swim
 12:30-1:30 **Preschool Swim Lessons**
 1:30-3:30 Family Swim
 3:30-5:00 **High School Pre-season**
 3:30-5:30 **Private Lessons**
 5:30-6:30 **School-Age Swim Lessons**
 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 **T&T**
 11:00-1:30 Family Swim

Afternoon

11:00-1:30 Family Swim
 1:30-2:30 **Shallow H2O**
 2:30-5:30 Family Swim
 3:30-5:30 **Private Lessons**
 5:30-6:30 **School-Age Stroke Clinic**
 7:30-9:30 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 **School-Age Stroke Clinic**
 11:00-12:00 **School-Age Swim Lessons**

Afternoon

12:00-1:00 **Preschool Swim Lessons**
 1:00-6:30 Family Swim

Sunday

Morning

7:00-11:00 Lap Swim - 6 lanes
 11:00-12:00 **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

LAP LANE AVAILABILITY

One lap lane will be available during group water aerobics. No lap swim during Saturday 10:00 am stroke clinic or Mondays from 6:30-7:30 pm.

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:

Deb Pelen, Aquatics Director 717-898-3102 ext 137 or dpelen@hempfieldrec.com

* grp. classes included with membership
 * paid classes/members get a discounted rate.
 * open swim times included with membership

* grp. classes included with membership
 * paid classes/members get a discounted rate.
 * open swim times included with membership