



Sept. 8-Oct 18

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

Monday

Morning

5:00-9:00 Lap Swim - 6 lanes
 9:00-10:00 **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**
 2:30-5:30 Family Swim
 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**
 7:30 POOL CLOSED

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**
 1:30-5:30 Family Swim
 3:30-5:30 **Private Lessons**
 5:30-6:30 **School-Age Swim Lessons**
 6:30-7:30 **TRI Class / Lap Swim**
 7:30 POOL CLOSED

Wednesday

Morning

5:00-9:00 Lap Swim - 6 lanes
 9:00-10:00 **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**
 2:30-5:30 Family Swim
 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 POOL CLOSED

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**
 1:30-5:30 Family Swim
 3:30-5:30 **Private Lessons**
 5:30-6:30 **School-Age Swim Lessons**
 6:30-7:30 **Hydro Fit**
 7:30 POOL CLOSED

Friday

Morning

5:00-9:00 Lap Swim - 6 lanes
 9:00-10:00 **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**
 6:30-7:30 **Private Lessons**
 7:30 POOL CLOSED

Saturday

Morning

7:00-9:00 Lap Swim - 6 lanes
 9:00-10:00 **Deep H2O**
 9:00-10:00 **Aqua Tots**
 10:30-12:00 **School-Age Swim Lessons**

Afternoon

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

Sunday

Morning

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

Afternoon

12:00-6:30 Family Swim
 6:30 POOL CLOSED

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

For detailed class descriptions, visit hempfieldrec.com

LAP LANE AVAILABILITY

No lap lanes during stroke clinic, 5:30-6:30 M, W, F. One lap lane will be available during group water aerobics and swimming lessons.

POOL CLOSURES

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.

COVID GUIDELINES

Please safe distance as much as possible in and out of the pool. Masks are highly recommended on the pool deck. **Only ONE adult** per child during SwimAmerica™ or private swimming lessons.

CONTACT

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

LISTING IN BLUE - group exercise classes included in membership.

LISTING IN GREEN - paid classes.