

Jan. 2–Feb. 25 Eight-week schedule
AQUATIC GROUP FITNESS EXERCISE SCHEDULE

Monday

Morning

5:00-6:00	Lap Swim - six lanes
6:00-7:30	*Masters - three 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

1:30-2:30	Shallow SS
2:30-3:30	Family Swim
3:30-5:30	HHS Swim Practice
5:30-6:30	*SwimAmerica™ Stroke
6:30-7:30	HydroFit
7:30-9:30	Family Swim
7:30-9:00	*Water Polo

Tuesday

Morning

5:00-6:00	Lap Swim - six lanes
6:00-7:00	HydroFit
7:00-9:00	Lap Swim - six lanes
9:00-10:00	Shallow H2O
9:00-10:00	Deep H2O
10:00-10:30	*Aqua Tots
10:30-12:30	Family Swim

Afternoon

12:30-2:00	*SwimAmerica™ Presch
2:00-3:30	Family Swim
2:00-3:30	Lap Swim - three lanes
3:30-5:30	HHS Swim Practice
5:30-6:30	*SwimAmerica™ School
6:30-7:30	Shallow H2O
6:30-7:30	Deep H2O
7:30-9:30	Family Swim

Wednesday

Morning

5:00-6:00	Lap Swim - six lanes
6:00-7:30	*Masters - three 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

1:30-2:30	Shallow SS
2:30-3:30	Family Swim
3:30-5:30	HHS Swim Practice
5:30-6:30	*SwimAmerica™ Stroke
6:30-7:30	Water Running
6:30-7:30	*Aqua Stand Up®
7:30-9:30	Family Swim
7:30-9:30	*SCUBA

Thursday

Morning

5:00-6:00	Lap Swim - six lanes
6:00-7:00	HydroFit
7:00-9:00	Lap Swim - six lanes
9:00-10:00	Shallow H2O
9:00-10:00	Deep H2O
10:00-10:30	*Aqua Tots
10:30-12:30	Family Swim

Afternoon

12:30-2:00	*SwimAmerica™ Presch.
2:00-3:30	Family Swim
2:00-3:30	Lap Swim - three lanes
3:30-5:30	HHS Swim Practice
5:30-6:30	*SwimAmerica™ School
6:30-7:30	Shallow H2O
6:30-7:30	Deep H2O
7:30-9:30	Family Swim

Friday

Morning

5:00-8:00	Lap Swim - six 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

1:30-2:30	Shallow SS
2:30-3:30	Family Swim
3:30-5:30	HHS Swim Practice
5:30-6:30	*SwimAmerica™ Stroke
5:30-6:30	*Private Lessons
6:30-7:30	*Aqua Stand Up®
6:30-9:30	Family Swim

Saturday

Morning

7:00-9:00	Lap Swim - six lanes
8:00-9:00	*Aqua Stand Up® Pilates
9:00-10:00	Deep H2O
9:00-9:30	*Aqua Tots 6-18 mo
9:30-10:00	*Aqua Tots 19-36 mo
10:00-11:00	*SwimAmerica™ Stroke
11:00-11:30	*SwimAmerica™ School
11:30-12:00	*SwimAmerica™ School

Afternoon

12:00-12:30	*SwimAmerica™ Presch
12:30-1:00	*SwimAmerica™ Presch
1:30-6:30	Family Swim

Sunday

7:00-11:00	Lap Swim - six lanes
11:00-12:00	*Aqua Stand Up®
12:00-6:30	Family Swim

Kidz Korner

FREE Childcare (ages 1yr-12yr)

Mon.-Thur.	8:15 am-8:00 pm
Friday	8:15 am-3:00 pm
Saturday	8:00 am-12:00 pm

Infant Care

FREE Childcare (ages 6mo-12mo)

Tuesday	1:00 pm-3:00 pm
Thursday	1:00 pm-3:00 pm
<i>One-hour slots, reservation required</i>	

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 hemphfieldrec.com

No lap lanes during SwimAmerica™ Stroke— One lap lane during all SwimAmerica classes, water aerobics, HHS swim practice.

Parents must be in the water with any child who cannot pass the swim test.

Pricing **eight-week session**

- Group classes are FREE and unlimited to members. *Classes are not included in Group and require registration and additional fees.
- Tennis members may pay \$50 per session
- Eight-week session: \$90R/\$100NR
- 10-visit punch card \$90
- Pay-as-you-go (daily) \$10