

February 25–March 14  
AQUATIC GROUP FITNESS EXERCISE SCHEDULE

## Monday

### Morning

5:00-6:00	Lap Swim - six lanes
6:00-7:30	<b>*Masters - three lanes</b>
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	<b>*SwimAmerica™ Stroke</b>
6:30-7:30	HydroFit
7:30-9:30	Family Swim
7:30-9:00	<b>*Water Polo</b>

## 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	<b>*Aqua Tots</b>
10:30-12:30	Family Swim

### Afternoon

12:30-2:00	<b>*SwimAmerica™ Presch</b>
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	<b>*SwimAmerica™ School</b>
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	<b>*Masters - three lanes</b>
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	<b>*SwimAmerica™ Stroke</b>
6:30-7:30	Water Running
6:30-7:30	<b>*Aqua Stand Up®</b>
7:30-9:30	Family Swim
7:30-9:30	<b>*SCUBA</b>

## 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	<b>*Aqua Tots</b>
10:30-12:30	Family Swim

### Afternoon

12:30-2:00	<b>*SwimAmerica™ Presch.</b>
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	<b>*SwimAmerica™ School</b>
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	<b>*SwimAmerica™ Stroke</b>
5:30-6:30	<b>*Private Lessons</b>
6:30-7:30	<b>*Aqua Stand Up®</b>
6:30-9:30	Family Swim

## Saturday

### Morning

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

### Afternoon

12:00-12:30	<b>*SwimAmerica™ Presch</b>
12:30-1:00	<b>*SwimAmerica™ Presch</b>
1:30-6:30	Family Swim

## Sunday

7:00-11:00	Lap Swim - six lanes
11:00-12:00	<b>*Aqua Stand Up®</b>
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

*One-hour slots, reservation required*

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)

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