

January 2021 Indoor Pool Swim Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Jan., 1st New Year's Day CLOSED	2 7am-9am Lanes Open Aquacise Class 9am-10am 3 Lanes
3 10am-5:45pm Lanes Open	4 5am-3:30pm Lanes Open Summit ST 3:30-5:30pm 2 Lanes Empire ST 4pm-6:30pm 2 Lanes	5 5am-8:30am Water Aerobics 8:30-9:30am 3 Lanes Empire ST 4pm-6:30pm 2 Lanes Aquacise Class 7pm-8pm 3 Lanes	6 5am-3:30pm Lanes Open Summit ST 3:30-5pm 2 Lanes	7 5am-8:30am Water Aerobics 8:30-9:30am 3 Lanes Aquacise Class 7pm-8pm 3 Lanes	8 5am-3:30pm Lanes Open Summit ST 3:30-5:30pm 2 Lanes	9 7am-9am Lanes Open Aquacise Class 9am-10am 3 Lanes
10 10am-5:45pm Lanes Open	11 5am-3:30pm Lanes Open Summit ST 3:30-5:30pm 2 Lanes Empire ST 4pm-6:30pm 2 Lanes	12 5am-8:30am Water Aerobics 8:30-9:30am 3 Lanes Summit ST 3:30-5:30pm 2 Lanes Empire ST 4pm-6:30pm 2 Lanes Aquacise Class 7pm-8pm 3 Lanes	13 5am-3:30pm Lanes Open Summit ST 3:30-5pm 2 Lanes	14 5am-8:30am Water Aerobics 8:30-9:30am 3 Lanes Summit ST 3:30-5:30pm 2 Lanes Aquacise Class 7pm-8pm 3 Lanes	15 5am-3:30pm Lanes Open	16 7am-9am Lanes Open Aquacise Class 9am-10am 3 Lanes
17 10am-5:45pm Lanes Open	18 5am-3:30pm Lanes Open Summit ST 3:30-5:30pm 2 Lanes Empire ST 4pm-6:30pm 2 Lanes	19 5am-8:30am Water Aerobics 8:30-9:30am 3 Lanes Summit ST 3:30-5:30pm 2 Lanes Empire ST 4pm-6:30pm 2 Lanes Aquacise Class 7pm-8pm 3 Lanes	20 5am-10am Lanes Open Summit ST 3:30-5pm 2 Lanes	21 5am-8:30am Water Aerobics 8:30-9:30am 3 Lanes Summit ST 3:30-5:30pm 2 Lanes Aquacise Class 7pm-8pm 3 Lanes	22 5am-3:30pm Lanes Open Summit ST 3:30-5:30pm 2 Lanes	23 7am-9am Lanes Open Aquacise Class 9am-10am 3 Lanes
24 10am-5:45pm Lanes Open	25 5am-3:30pm Lanes Open Summit ST 3:30-5:30pm 2 Lanes Empire ST 4pm-6:30pm 2 Lanes	26 5am-8:30am Water Aerobics 8:30-9:30am 3 Lanes Empire ST 4pm-6:30pm 2 Lanes Aquacise Class 7pm-8pm 3 Lanes	27 5am-10am Lanes Open Summit ST 3:30-5pm 2 Lanes	28 5am-8:30am Water Aerobics 8:30-9:30am 3 Lanes Aquacise Class 7pm-8pm 3 Lanes	29 5am-3:30pm Lanes Open Summit ST 3:30-5:30pm 2 Lanes	30 7am-9am Lanes Open Aquacise Class 9am-10am 3 Lanes
31 10am-5:45pm Lanes Open	<p>Please See Back Page For Detailed Lane Activity Schedule</p> <p>Schedule Subject To Change Without Advanced Notice</p>					

Aquatic Center Rules

- Children 8 and under must be accompanied at all times by a parent or guardian (age 16+) within the pool area.
- Children ages 4 & under must have a parent or guardian (ages 16+) within arm's length in the pool area at all times.
- No flotation devices allowed in the lap swim area; all flotation devices must stay in 3 foot deep water or less. **Flotation devices must be US Coast Guard approved.**
- No running allowed on or around the pool deck, the hallway to the pool or into the zero depth area.
- No dunking, splashing, fighting, wrestling, shoulder rides, horseplay or any other unsafe activity allowed.
- No diving, back jumps or flips allowed in the facility.
- Indoor slide is restricted for use by those 42" and under.
- Swim diapers are required for all those who are diaper dependent.
- Please stay out of designated areas for classes, programs and lap swimmers.
- Weights, kick boards, noodles, dumbbells and pull buoys are reserved for exercise use ONLY.
- Starting blocks are for swim team use ONLY.
- No food, drink or glass objects permitted in the locker rooms or on the pool deck.
- Swimmers may not hang on the lane lines or the basketball rim.

**These rules are to ensure the safety of all our patrons.
We appreciate your cooperation!**

Sauna and Hot Tub Rules

- You must be 18 years or older to use the sauna and hot tub.
- You should not use the hot tub or sauna if you are pregnant or have a heart condition, diabetes or high blood pressure.
- Average temperature is 101 degrees for the hot tub and 155 degrees for the sauna; consult your physician before using the sauna and hot tub if you have any health concerns.
- Please shower before entering or re-entering the hot tub, pool or sauna.
- No water or wet clothing allowed in the sauna.
- Please bring a towel to sit on in the sauna.
- There is a 30-minute time limit while others are waiting.

Please contact facility staff with any concerns.

Group & Private Swim Lessons

Our year-round **Learn To Swim Program** is designed to offer lessons for every age & level. Classes held at our Indoor Pool

Evening Group Swim Lessons:

Monday & Wednesday **OR** Tuesday & Thursday
3-weeks, 2 per week (6 classes total)
Each class is 35 minutes in duration.

Cost: \$40.00 Per Participant/Per Session

Private Lessons; Cost \$15.00 Per Participant/Per Lesson

For more details or to register please visit us online, www.hparcs.com or contact the HCC Front Desk at 816.380.8980

Lane Activity Schedule

- **Group Swim Lessons: Mon. - Thurs.**
 - 6pm-8:15pm
- **Aquatics Classes: Tuesday & Thursday**
 - 8:30am-9:30am - Basic Water Aerobics
 - 7pm-8pm - Aquacise Water Aerobics
- **Saturday Aquatics Classes:**
 - 9am-10am - Aquacise Water Aerobics
- **Summit Christian Academy ST; Monday-Friday**
 - 3:30-5:30pm (2 lanes)
- **Empire ST: Monday & Tuesday**
 - 4pm-6:30pm (2 lanes)

