

# May 2021 Indoor Pool Swim Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 7am-5:45pm Aquacise Class 9am-10am 3 Lanes
<b>2</b> 10am-5:45pm Lanes Open	<b>3</b> 5am-8:45pm Lanes Open	<b>4</b> 5am-8:45pm Water Aerobics 8:30-9:30am 3 Lanes Aquacise Class 6:30pm-7:30pm 3 Lanes	<b>5</b> 5am-8:45pm Lanes Open	<b>6</b> 5am-8:45pm Water Aerobics 8:30-9:30am 3 Lanes Aquacise Class 6:30pm-7:30pm 3 Lanes	<b>7</b> 5am-7:45pm Lanes Open	<b>8</b> 7am-5:45pm Aquacise Class 9am-10am 3 Lanes
<b>9</b> 10am-5:45pm Lanes Open	<b>10</b> 5am-8:45pm Lanes Open	<b>11</b> 5am-8:45pm Water Aerobics 8:30-9:30am 3 Lanes	<b>12</b> 5am-8:45pm Lanes Open	<b>13</b> 5am-8:45pm Water Aerobics 8:30-9:30am 3 Lanes	<b>14</b> 5am-7:45pm Lanes Open	<b>15</b> 7am-5:45pm Lanes Open
<b>16</b> 10am-5:45pm Lanes Open	<b>17</b> 5am-8:45pm Lanes Open	<b>18</b> 5am-8:45pm Water Aerobics 8:30-9:30am 3 Lanes	<b>19</b> 5am-8:45pm Lanes Open	<b>20</b> 5am-8:45pm Water Aerobics 8:30-9:30am 3 Lanes	<b>21</b> 5am-7:45pm Lanes Open	<b>22</b> 7am-5:45pm Lanes Open
<b>23</b> 10am-5:45pm Lanes Open	<b>24</b> 5am-8:45pm Lanes Open	<b>25</b> 5am-8:45pm Water Aerobics 8:30-9:30am 3 Lanes	<b>26</b> 5am-8:45pm Lanes Open	<b>27</b> 5am-8:45pm Water Aerobics 8:30-9:30am 3 Lanes	<b>28</b> 5am-7:45pm Lanes Open	<b>29</b> 7am-5:45pm Lanes Open
<b>30</b> 10am-5:45pm Lanes Open	<b>31</b> HOLIDAY HOURS 7am-2:45pm MEMORIAL DAY	<b>Please See Back Page For                      Detailed Lane Activity Schedule                      Schedule Subject To Change                      Without Advanced Notice</b>				

## 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, & Advanced 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

### **Evening Advanced Swim Lessons:**

Monday & Wednesday **OR** Tuesday & Thursday  
3-weeks, 2 per week (6 classes total)  
Each class is 1-hour in duration.

**Cost:** \$50.00 Per Participant/Per Session

**For more details or to register please visit us online, [www.hparks.com](http://www.hparks.com) or contact HCC Front Desk at 816.380.8980, ext. 6**

## **\*Lane Activity Schedule\***

- **Advanced & Group Swim Lessons: Mon. - Thurs.**
  - 6pm-8:15pm
- **Aquatics Classes: Tuesday & Thursday**
  - 8:30am-9:30am - Basic Water Aerobics

