February 2017 Indoor Pool Swim Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 6pm - 7:30pm STC 1 lane open	2 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 5:30pm - 8:45pm All lanes open	3 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 5:30pm - 7:45pm All lanes open	4 7am - 8:30am All lanes open 8:30am - 10am STC 1 lane open 10am - 5:45pm All lanes open
5 10am - 5:45pm All lanes open	6 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 6pm - 7:30pm STC 1 lane open 7:30pm - 8:45pm All lanes open	7 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 5:30pm - 8:45pm All lanes open	8 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 6pm - 7:30pm STC 1 lane open 7:30pm - 8:45pm All lanes open	9 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 5:30pm - 8:45pm All lanes open	10 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 5:30pm - 7:45pm All lanes open	11 7am - 8:30am All lanes open 8:30am - 10am STC 1 lane open 10am - 5:45pm All lanes open
12 10am - 5:45pm All lanes open	13 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls 2 lanes open 6pm - 7:30pm STC 1 lane open 7:30pm - 8:45pm All lanes open	14 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls 2 lanes open 5:30pm - 8:45pm All lanes open	15 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls 2 lanes open 6pm - 7:30pm STC 1 lane open 7:30pm - 8:45pm All lanes open	16 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls 2 lanes open 5:30pm - 8:45pm All lanes open	17 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls 2 lanes open 5:30pm - 7:45pm All lanes open	18 7am - 8:30am All lanes open 8:30am - 10am STC 1 lane open 10am - 5:45pm All lanes open
19 10am - 5:45pm All lanes open	20 5:00am - 6pm All lanes open 6pm - 7:30pm STC 1 lane open 7:30pm - 8:45pm All lanes open	21 5:00am - 8:45pm All lanes open	22 5:00am - 6pm All lanes open 6pm - 7:30pm STC 1 lane open 7:30pm - 8:45pm All lanes open	23 5:00am - 8:45pm All lanes open	24 5:00am - 7:45pm All lanes open	25 7am - 8:30am All lanes open 8:30am - 10am STC 1 lane open 10am - 5:45pm All lanes open
26 10am - 5:45pm All lanes open	27 5:00am - 6pm All lanes open 6pm - 7:30pm STC 1 lane open 7:30pm - 8:45pm All lanes open	28 5:00am - 8:45pm All lanes open	***Please see back page for detailed lane activity schedule.* Schedule subject to change without advanced notice.**			

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 4 and under must have a parent or guardian 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 three 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 and level!

Group Swim Lessons meet Mon. & Wed. or Tues. & Thurs. for three-weeks or Mon. & Thurs. only for six-weeks. Each class is 35 minutes.
Cost: $40.00/participant per session

Private Swim Lessons are also available upon request for $15 per lesson.

For details or to register visit us online at visit www.hparks.com or contact the HCC front desk at 816.380.8980 anytime!

Lane Activity Schedule

- **Group Swim Lessons**
  - Mon. - Thurs. 9am-11:30am & 6pm-8:15pm
- **Tues. & Thurs. Aquatics Classes**
  - 8:30am-9:30am - Basic Water Aerobics
  - 7pm-8pm - Aquacise Water Aerobics
- **Saturday Aquatics Classes**
  - 9am-10am - Aquacise Water Aerobics
- **Mon. - Fri. Ray-Pec & Harrisonville Swim Team Practices**
  - 3:30pm - 5:30pm
- **Swim Team Conditioning**
  - Mon. & Wed. 6pm - 7:30pm
  - Sat. 8:30 am - 10am

Harrisonville PARKS & RECREATION Building Community