

# July 2018 Indoor Pool Swim Schedule

Sun      Mon      Tue      Wed      Thu      Fri      Sat

**\*Please see back of page for detailed lane activity schedule.\***

**Schedule subject to change without advanced notice.**

<p><b>1</b> 10am - 5:45pm All lanes open</p>	<p><b>2</b> 5:00am - 8:45pm All lanes open</p>	<p><b>3</b> 5:00am - 8:45pm All lanes open</p>	<p><b>4</b> 7:00am - 2:45pm All lanes open</p> 	<p><b>5</b> 5:00am - 8:45pm All lanes open</p>	<p><b>6</b> 5:00am - 7:45pm All lanes open</p>	<p><b>7</b> 7am - 5:45pm All lanes open</p>
<p><b>8</b> 10am - 5:45pm All lanes open</p>	<p><b>9</b> 5:00am - 8:45pm All lanes open</p>	<p><b>10</b> 5:00am - 8:45pm All lanes open</p>	<p><b>11</b> 5:00am - 8:45pm All lanes open</p>	<p><b>12</b> 5:00am - 8:45pm All lanes open</p>	<p><b>13</b> 5:00am - 7:45pm All lanes open</p>	<p><b>14</b> 7am - 5:45pm All lanes open</p>
<p><b>15</b> 10am - 5:45pm All lanes open</p>	<p><b>16</b> 5:00am - 8:45pm All lanes open</p>	<p><b>17</b> 5:00am - 8:45pm All lanes open</p>	<p><b>18</b> 5:00am - 8:45pm All lanes open</p>	<p><b>19</b> 5:00am - 8:45pm All lanes open</p>	<p><b>20</b> 5:00am - 7:45pm All lanes open</p>	<p><b>21</b> 7am - 5:45pm All lanes open</p>
<p><b>22</b> 10am - 5:45pm All lanes open</p>	<p><b>23</b> 5:00am - 8:45pm All lanes open</p>	<p><b>24</b> 5:00am - 8:45pm All lanes open</p>	<p><b>25</b> 5:00am - 8:45pm All lanes open</p>	<p><b>26</b> 5:00am - 8:45pm All lanes open</p>	<p><b>27</b> 5:00am - 7:45pm All lanes open</p>	<p><b>28</b> 7am - 5:45pm All lanes open</p>
<p><b>29</b> 10am - 5:45pm All lanes open</p>	<p><b>30</b> 5:00am - 8:45pm All lanes open</p>	<p><b>31</b> 5:00am - 8:45pm All lanes open</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 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. - Thurs. for two-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](http://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

