

February 2019 Indoor Pool Swim Schedule

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Please see back page for
detailed lane activity schedule
Schedule subject to change
without advanced notice

1

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

2

7am - 5:45pm
All lanes open

3

10am - 5:45pm
All lanes open

4

5:00am - 3:30pm
All lanes open
3:30pm - 5:30pm
Ray Pec Girls &
Harrisonville Girls
No lanes open
6pm - 7:30pm STC
2 lanes open
7:30pm - 8:45pm
All lanes open

5

5:00am - 3:30pm
All lanes open
3:30pm - 5:30pm
Ray Pec Girls &
Harrisonville Girls
No lanes open
6pm - 7:30pm STC
2 lanes open
7:30pm - 8:45pm
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
2 lanes 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
5:30pm - 7:45pm
All lanes open

9

7am - 5:45pm
All lanes open

10

10am - 5:45pm
All lanes open

11

5:00am - 3:30pm
All lanes open
3:30pm - 5:30pm
Ray Pec Girls
No lanes open
6pm - 7:30pm STC
2 lanes open
7:30pm - 8:45pm
All lanes open

12

5:00am - 3:30pm
All lanes open
3:30pm - 5:30pm
Ray Pec Girls
No lanes open
6pm - 7:30pm STC
2 lanes open
7:30pm - 8:45pm
All lanes open

13

5:00am - 3:30pm
All lanes open
3:30pm - 5:30pm
Ray Pec Girls
No lanes open
6pm - 7:30pm STC
2 lanes open
7:30pm - 8:45pm
All lanes open

14

5:00am - 3:30pm
All lanes open
3:30pm - 5:30pm
Ray Pec Girls
No lanes open
5:30pm - 8:45pm
All lanes open



15

5:00am - 7:45pm
All lanes open

16

7am - 5:45pm
All lanes open

17

10am - 5:45pm
All lanes open

18

5:00am - 6pm
All lanes open
6pm - 7:30pm STC
2 lanes open
7:30pm - 8:45pm
All lanes open

19

5:00am - 6pm
All lanes open
6pm - 7:30pm STC
2 lanes open
7:30pm - 8:45pm
All lanes open

20

5:00am - 6pm
All lanes open
6pm - 7:30pm STC
2 lanes open
7:30pm - 8:45pm
All lanes open

21

5:00am - 8:45pm
All lanes open

22

5:00am - 7:45pm
All lanes open

23

7am - 5:45pm
All lanes open

24

10am - 5:45pm
All lanes open

25

5:00am - 6pm
All lanes open
6pm - 7:30pm STC
2 lanes open
7:30pm - 8:45pm
All lanes open

26

5:00am - 6pm
All lanes open
6pm - 7:30pm STC
2 lanes open
7:30pm - 8:45pm
All lanes open

27

5:00am - 6pm
All lanes open
6pm - 7:30pm STC
2 lanes open
7:30pm - 8:45pm
All lanes open

28

5:00am - 6pm
All lanes open
7:30pm - 8:45pm
All lanes open



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 & level!

Group Swim Lessons:

\$40.00 per participant/per session

Monday & Wednesday

OR Tuesday & Thursday

(Each class is 35 minutes in duration/6 sessions)

Private Swim Lessons:

Available upon request; \$15 per participant/per lesson

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

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., Tues. & Wed. 6pm - 7:30pm

