

March 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 5am-7:45pm All Lanes Open	2 7am-5:45pm All Lanes Open
3 10am-5:45pm All Lanes Open	4 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 6pm-7:30pm STC 2 Lanes Open 7:30-8:45pm All Lanes Open	5 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 6pm-7:30pm STC 2 Lanes Open 8pm-8:45pm All Lanes Open	6 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 6pm-7:30pm STC 2 Lanes Open 7:30-8:45pm All Lanes Open	7 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 8pm-8:45pm All Lanes Open	8 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 5pm-7:45pm All Lanes Open	9 7am-5:45pm All Lanes Open
10 10am-5:45pm All Lanes Open	11 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 6pm-7:30pm STC 2 Lanes Open 7:30-8:45pm All Lanes Open	12 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 6pm-7:30pm STC 2 Lanes Open 8pm-8:45pm All Lanes Open	13 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open	14 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 8pm-8:45pm All Lanes Open	15 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 5pm-7:45pm All Lanes Open	16 7am-5:45pm All Lanes Open
17 10am-5:45pm All Lanes Open 	18 5am-6:00pm All Lanes Open 6pm-7:30pm STC 2 Lanes Open 7:30-8:45pm All Lanes Open	19 5am-6:00pm All Lanes Open 6pm-7:30pm STC 2 Lanes Open 8pm-8:45pm All Lanes Open	20 5am-6:00pm All Lanes Open 6pm-7:30pm STC 2 Lanes Open 7:30-8:45pm All Lanes Open	21 5am-8:45pm All Lanes Open	22 5am-7:45pm All Lanes Open	23 7am-5:45pm All Lanes Open
24 10am-5:45pm All Lanes Open	25 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 6pm-7:30pm STC 2 Lanes Open 7:30-8:45pm All Lanes Open	26 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 6pm-7:30pm STC 2 Lanes Open 8pm-8:45pm All Lanes Open	27 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 6pm-7:30pm STC 2 Lanes Open 7:30-8:45pm All Lanes Open	28 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 8pm-8:45pm All Lanes Open	29 5am-3:30pm All Lanes Open 3:30pm-4:45pm HMS 2 Lanes Open 5-7:45pm All Lanes Open	30 7am-5:45pm All Lanes Open
31 10am-5:45pm 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 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.

Group Swim Lessons:

Mon. & Wed. **OR** Tues. & Thurs.
3-weeks (6 classes); each class is 35 minutes in duration

Cost: \$40.00 Participant/Per Session

Private Swim Lessons:

Available upon request, \$15 Per Lesson

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

Lane Activity Schedule

- **Group Swim Lessons**
 - Mon. - Thurs. 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
- **Swim Team & Conditioning**
 - Mon., Tues. & Wed. - 6pm-7:30pm
- **HMS Swim Team Practice**
 - Mon. - Fri. 3:30pm-4:45pm

