

July 2019 Indoor Pool Swim Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:00am - 8:45pm All lanes open	2 5:00am - 8:45pm All lanes open	3 5:00am - 8:45pm All lanes open	4 7:00am - 2:45pm Holiday Hours! 	5 5:00am - 7:45pm All lanes open	6 7am - 5:45pm All lanes open
7 10am - 5:45pm All lanes open	8 5:00am - 8:45pm All lanes open	9 5:00am - 8:45pm All lanes open	10 5:00am - 8:45pm All lanes open	11 5:00am - 8:45pm All lanes open	12 5:00am - 7:45pm All lanes open	13 7am - 5:45pm All lanes open
14 10am - 5:45pm All lanes open	15 5:00am - 8:45pm All lanes open	16 5:00am - 8:45pm All lanes open	17 5:00am - 8:45pm All lanes open	18 5:00am - 8:45pm All lanes open	19 5:00am - 7:45pm All lanes open	20 7am - 5:45pm All lanes open
21 10am - 5:45pm All lanes open	22 5:00am - 8:45pm All lanes open	23 5:00am - 8:45pm All lanes open	24 5:00am - 8:45pm All lanes open	25 5:00am - 8:45pm All lanes open	26 5:00am - 7:45pm All lanes open	27 7am - 5:45pm All lanes open
28 10am - 5:45pm All lanes open	29 5:00am - 8:45pm All lanes open	30 5:00am - 8:45pm All lanes open	31 5:00am - 8:45pm All lanes open			

Please see back of page for detailed lane activity schedule

Schedule subject to change without advanced notice

Aquatic Center Rules

- Children 8 & 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" & under
- Swim diapers are required for all those who are diaper dependent
- Please stay out of designated areas for classes, programs & lap swimmers
- Weights, kick boards, noodles, dumbbells & 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 & 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 & 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 SUMMER Lessons (all lessons held indoors)

Mon. - Thurs; (2-weeks, 8 Classes)
Each class is 35 minutes in duration

Cost: \$40.00 per participant/per session

Private Swim Lessons are also available upon Request; \$15 per participant/per lesson

For more 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

