

September 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

<p>1 10am-5:45pm All Lanes Open</p>	<p>2 7am-2:45pm All Lanes Open</p> <p>Labor Day Holiday Hours 7am to 3pm</p>	<p>3 5am-6pm All Lanes Open</p> <p>STC 6pm-7:30pm 3 lanes open</p> <p>7:30pm-8:45pm All lanes open</p>	<p>4 5am-6pm All Lanes Open</p> <p>STC 6pm-7:30pm 3 lanes open</p> <p>7:30pm-8:45pm All lanes open</p>	<p>5 5am-8:45pm All Lanes Open</p>	<p>6 5am-7:45pm All Lanes Open</p>	<p>7 7am-5:45pm All Lanes Open</p>
<p>8 10am-5:45pm All Lanes Open</p>	<p>9 5am-6pm All Lanes Open</p> <p>STC 6pm-7:30pm 3 lanes open</p> <p>7:30pm-8:45pm All lanes open</p>	<p>10 5am-6pm All Lanes Open</p> <p>STC 6pm-7:30pm 3 lanes open</p> <p>7:30pm-8:45pm All lanes open</p>	<p>11 5am-6pm All Lanes Open</p> <p>STC 6pm-7:30pm 3 lanes open</p> <p>7:30pm-8:45pm All lanes open</p>	<p>12 5am-8:45pm All Lanes Open</p>	<p>13 5am-7:45pm All Lanes Open</p>	<p>14 7am-5:45pm All Lanes Open</p>
<p>15 10am-5:45pm All Lanes Open</p>	<p>16 5am-6pm All Lanes Open</p> <p>STC 6pm-7:30pm 3 lanes open</p> <p>7:30pm-8:45pm</p>	<p>17 5am-6pm All Lanes Open</p> <p>STC 6pm-7:30pm 3 lanes open</p> <p>7:30pm-8:45pm All lanes open</p>	<p>18 5am-6pm All Lanes Open</p> <p>STC 6pm-7:30pm 3 lanes open</p> <p>7:30pm-8:45pm All lanes open</p>	<p>19 5am-8:45pm All Lanes Open</p>	<p>20 5am-7:45pm All Lanes Open</p>	<p>21 7am-5:45pm All Lanes Open</p>
<p>22 10am-5:45pm All Lanes Open</p>	<p>23 5am-6pm All Lanes Open</p> <p>STC 6pm-7:30pm 3 lanes open</p> <p>7:30pm-8:45pm All lanes open</p>	<p>24 5am-6pm All Lanes Open</p> <p>STC 6pm-7:30pm 3 lanes open</p> <p>7:30pm-8:45pm All lanes open</p>	<p>25 5am-6pm All Lanes Open</p> <p>STC 6pm-7:30pm 3 lanes open</p> <p>7:30pm-8:45pm All lanes open</p>	<p>26 5am-8:45pm All Lanes Open</p>	<p>27 5am-7:45pm All Lanes Open</p>	<p>28 7am-5:45pm All Lanes Open</p>
<p>29 10am-5:45pm All Lanes Open</p>	<p>30 7am-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 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:

Monday thru Thursday

3-weeks (6 classes); class is 35 min. in duration

Cost: \$40.00 Per Participant/Per Session

Private Swim Lessons:

Available upon request

Cost: \$15.00 Per Participant/Per Session

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

Lane Activity Schedule

- **Summer Group Swim Lessons**
 - Mon. - Thurs; 9am to 11:30am; 6pm-8:15pm
- **Mon. & Wed. Aqua Kickboxing Class**
 - 6pm - 7pm
- **Tues. & Thurs. Aquatics Classes**
 - 8:30am-9:30am - Basic Water Aerobics
 - 7pm-8pm - Aquacise Water Aerobics
- **Saturday Aquatics Classes**
 - 9am-10am - Aquacise Water Aerobics
- **STC Mon., Tues., & Wed.**
 - 6pm-7:30pm - Swim Team Conditioning

