

October 2020 Indoor Pool Swim Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p style="text-align: center;">Please See Back Page For Detailed Lane Activity Schedule</p> <p style="text-align: center;">Schedule Subject To Change Without Advanced Notice</p>				<p style="text-align: center;">1 5am-8:30am Lanes Open</p> <p>Water Aerobics 8:30-9:30am 3 Lanes</p> <p>Aquacise Class 7pm-8pm 3 Lanes</p>	<p style="text-align: center;">2 5am-7:45pm Lanes Open</p>	<p style="text-align: center;">3 7am-9am Lanes Open</p> <p>Aquacise Class 9am-10am 3 Lanes</p>
				<p style="text-align: center;">4 10am-5:45pm Lanes Open</p>	<p style="text-align: center;">5 5am-4pm Lanes Open</p> <p>Empire ST 4pm-6:30pm 3 Lanes</p>	<p style="text-align: center;">6 5am-8:30am Lanes Open</p> <p>Water Aerobics 8:30-9:30am 3 Lanes</p> <p>Empire ST 4pm-6:30pm 3 Lanes</p> <p>Aquacise Class 7pm-8pm 3 Lanes</p>
<p style="text-align: center;">11 10am-5:45pm Lanes Open</p>	<p style="text-align: center;">12 5am-4pm Lanes Open</p> <p>Empire ST 4pm-6:30pm 3 Lanes</p>	<p style="text-align: center;">13 5am-8:30am Lanes Open</p> <p>Water Aerobics 8:30-9:30am 3 Lanes</p> <p>Empire ST 4pm-6:30pm 3 Lanes</p> <p>Aquacise Class 7pm-8pm 3 Lanes</p>	<p style="text-align: center;">14 5am-8:45pm Lanes Open</p>	<p style="text-align: center;">15 5am-8:30am Lanes Open</p> <p>Water Aerobics 8:30-9:30am 3 Lanes</p> <p>Aquacise Class 7pm-8pm 3 Lanes</p>	<p style="text-align: center;">16 5am-7:45pm Lanes Open</p>	<p style="text-align: center;">17 7am-9am Lanes Open</p> <p>Aquacise Class 9am-10am 3 Lanes</p>
<p style="text-align: center;">18 10am-5:45pm Lanes Open</p>	<p style="text-align: center;">19 5am-4pm Lanes Open</p> <p>Empire ST 4pm-6:30pm 3 Lanes</p>	<p style="text-align: center;">20 5am-8:30am Lanes Open</p> <p>Water Aerobics 8:30-9:30am 3 Lanes</p> <p>Empire ST 4pm-6:30pm 3 Lanes</p> <p>Aquacise Class 7pm-8pm 3 Lanes</p>	<p style="text-align: center;">21 5am-8:45pm Lanes Open</p>	<p style="text-align: center;">22 5am-8:30am Lanes Open</p> <p>Water Aerobics 8:30-9:30am 3 Lanes</p> <p>Aquacise Class 7pm-8pm 3 Lanes</p>	<p style="text-align: center;">23 5am-7:45pm Lanes Open</p>	<p style="text-align: center;">24 7am-9am Lanes Open</p> <p>Aquacise Class 9am-10am 3 Lanes</p>
<p style="text-align: center;">25 10am-5:45pm Lanes Open</p>	<p style="text-align: center;">26 5am-4pm Lanes Open</p> <p>Empire ST 4pm-6:30pm 3 Lanes</p>	<p style="text-align: center;">27 5am-8:30am Lanes Open</p> <p>Water Aerobics 8:30-9:30am 3 Lanes</p> <p>Empire ST 4pm-6:30pm 3 Lanes</p> <p>Aquacise Class 7pm-8pm 3 Lanes</p>	<p style="text-align: center;">28 5am-8:45pm Lanes Open</p>	<p style="text-align: center;">29 5am-8:30am Lanes Open</p> <p>Water Aerobics 8:30-9:30am 3 Lanes</p> <p>Aquacise Class 7pm-8pm 3 Lanes</p>	<p style="text-align: center;">30 5am-7:45pm Lanes Open</p>	<p style="text-align: center;">31 7am-9am Lanes Open</p> <p>Aquacise Class 9am-10am 3 Lanes</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.

Morning or Evening Group Swim Lessons;

Monday -Thursday

2-weeks (8 classes); class is 35 min. in duration

Cost: \$40.00 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

- **Group Swim Lessons: Mon. - Thurs.**
 - 9am to 11:15am; 6pm-8:15pm
- **Aquatics Classes: Tuesday & Thursday**
 - 8:30am-9:30am - Basic Water Aerobics
 - 7pm-8pm - Aquacise Water Aerobics
- **Saturday Aquatics Classes:**
 - 9am-10am - Aquacise Water Aerobics
- **Empire Swim Team; Monday & Tuesday**
 - 4pm-6:30pm - Monday & Tuesday (3 lanes)

