

# Aquatics

Programs are offered for residents and non-residents, Hempfield Rec Center members and non-members.

## WINTER/SPRING ADULT GROUP EXERCISE SCHEDULE

#11399 Jan. 2–Feb. 26\*; #11400 Feb. 27–April 22; #11401 April 23–June 17

\*Evening classes on Jan. 17 and 26 will be held at 4:30–5:30 p.m. (Home Swim Meet)

### MONDAY

8 a.m.	Shallow
9 a.m.	Deep
10 a.m.	H2O Pilates
1:30 p.m.	Shallow (Arthritis)
6:30 p.m.	Shallow Step/Deep

### TUESDAY

6 a.m.	Hydrofit
9 a.m.	Shallow/Deep
6:30 p.m.	Shallow/Deep

### WEDNESDAY

8 a.m.	Shallow
9 a.m.	Deep
10 a.m.	Aqua Zumba
1:30 p.m.	Shallow (Arthritis)
6:30 p.m.	Aqua Zumba

### THURSDAY

6 a.m.	Hydrofit
9 a.m.	Shallow/Deep
6:30 p.m.	Shallow/Deep

### FRIDAY

8 a.m.	Shallow
9 a.m.	Deep
10 a.m.	H2O Pilates
1:30 p.m.	Shallow (Arthritis)

### SATURDAY

9 a.m.	Shallow/Deep
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### SUNDAY

11 a.m.	Aqua Zumba
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### MEMBERS AND NON-MEMBERS

All programs are free to pool/fitness members – participants may attend as many classes each week as they wish/sign-in is requested at each class

Non-members – \$90 R/\$100 NR (8-week session) Racquet members pay \$50 (8-week session). Guest pass/pay as you go \$10.

Session 1: #11399

Session 2: #11400

Session 3: #11401

### AQUATIC PROGRAMMING – Winter/Spring 2011/12

All programming and pool hours officially start on Monday, Jan. 2.

Pool will be closed at 2 p.m. on Sunday, March 4 for Patrick McGrath mini meet and at 8 a.m. Friday, May 19 for Annual Hempfield High School Boat Races.

### INDOOR POOL HOURS

Monday–Friday	5 a.m.–9:30 p.m.
Saturday	7 a.m.–6:30 p.m.
Sunday	7 a.m.–6:30 p.m.

*Family/Open Pool Swim Times may vary from this schedule and are posted at the pool. All pool hours are subject to change depending upon weather conditions and special events.*

### HOLIDAY POOL HOURS

Saturday, Dec. 24:	7 a.m.–12:30 p.m.
Sunday, Dec. 25:	Pool is closed
Saturday, Dec. 31:	7 a.m.–12:30 p.m.
Sunday, Jan. 1:	7 a.m.–12:30 p.m.
Sunday April 8:	Pool is closed

### KIDZ KORNER NURSERY HOURS

Kidz Korner is available for our members and those participating in HARC-sponsored programs held within Hempfield Rec Center. For your child's safety and the Rec's liability your child must have adult supervision all times. If your child is 1–12 years they should be supervised by our qualified, caring Kidz Korner staff (up to 2 hour maximum).

Friday: 9 a.m.–3 p.m.

Monday–Thursday: 9 a.m.–8 p.m.

Saturday: 8 a.m.–noon