

# Lap Lane Schedule: Winter

**Lap Swimming Availability** - The pool schedule changes seasonally, based on swim lessons and other aquatics programs. Regardless of the programming, we always have lap lanes set aside just for lap swimmers to reserve.

Below is an outline of a typical week, to guide you in making your lap swimming plans. To reserve your lap lane (up to one week in advance), or to see what lanes are currently available visit our web portal at [hufitness.clubautomation.com](http://hufitness.clubautomation.com) or download the Health Unlimited app on your Apple or Google device.

## Using The Lap Pool/Spa

SUNDAY	MONDAY – THURSDAY	FRIDAY	SATURDAY
<b>All Day</b> 3+ Lap Lanes	<b>5:30am - 9:00am</b> 3+ Lap Lanes Available	<b>5:30am - 9:00am</b> 3+ Lap Lanes Available	<b>8am-9:30am</b> 3+ Lap Lanes Available
	<b>9:00am – 12:00pm</b> 2-3 Lap Lanes Available	<b>9:00am – 12:00pm</b> 2-3 Lap Lanes Available	<b>9:30am-12:30pm</b> 2-3 Laps Lanes Available
	<b>12:00pm – 3:00pm</b> 3+ Lap Lanes Available	<b>12:00pm – 3:00pm</b> 3+ Lap Lanes Available	<b>12:30pm-5:30pm</b> 3+ Lap Lanes Available
	<b>3:00pm – 7:00pm</b> 1-2 Lap Lanes Available	<b>3:00pm – 8:30pm</b> 2-3 Lap Lanes Available	
	<b>7:00pm – 9:00pm</b> 2-3 Lap Lanes Available	<b>8:00pm – Close</b> Spa Closed for Cleaning	
	<b>9:00pm – 9:30pm</b> 3+ Lap Lanes Available		

1. You should reserve your lane time online on the portal, app, or call the front desk for assistance. When signing up for a lane, you sign up for a specific lane depth and a specific lane side (A or B).

- If you wish to swim for up to an hour you will need to reserve two, 30-minute slots in back-to-back times. Even though there will be no physical barrier between you and the person you are sharing the lane with, you will swim on the same side of the lane for your entire swim.

- If you wish to have a lane to yourself, you may reserve two, 30-minute slots in the same lane at the same time (reserve A & B sides of lane). You will need to contact the Front Desk to set this up the first time.

- If there is no one waiting for your lane at the end of your 30-minute workout, you may continue swimming until another patron requires the lane. Please be courteous and exit the pool when your time is up.

2. The spa is OPEN. **Must be at least 14 years of age to use the spa.**

3. Children are allowed to use the lap lanes only if they are swimming laps.
4. We **highly encourage** all patrons to shower prior to entering the pool.
5. Please stay home if you don't feel well or have been around someone who is ill.
6. **The spa is closed at 8:00pm each Friday evening for cleaning.**

*For the health and comfort of all, Health Unlimited asks that members and guests refrain from using fragrances such as perfumes, colognes, oils, and similarly scented products while using the pool.*

## Water Walking and Open Swim Availability January 10<sup>th</sup> - February 11<sup>th</sup>

*(Water Walking Times are Intended for EXERCISE ONLY)*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>11am-12:30pm</b> Water Walking (2 shallow lanes)	<b>9:45am -1:30pm</b> Water Walking (2 shallow lanes)	<b>9:45am -1pm</b> Water Walking (2 shallow lanes)	<b>9:45am – 10:30am</b> <b>12:00pm – 1:30pm</b> Water Walking (2 shallow lanes)	<b>10:00am-1pm</b> Water Walking (2 shallow lanes)	<b>9am – 10:30am</b> <b>12:00pm – 1:30pm</b> Water Walking (2 shallow lanes)	<b>10:30am-12:30pm</b> Water Walking (2 shallow lanes)
<b>12:30pm - 1:30pm</b> Open Swim (Lap Pool)	<b>6:30pm – 8:30pm</b> Open Swim (Training Pool)	<b>11:30pm – 12:30pm</b> Water Walking and Open Swim (Training Pool)	<b>6:30pm – 8:30pm</b> Open Swim (Training Pool)	<b>11:30pm – 12:30pm</b> Water Walking and Open Swim (Training Pool)	<b>4:00pm – 7:00pm</b> Open Swim (Training Pool)	<b>12:30pm – 5:00pm*</b> Open Swim (Training Pool)
<b>1:30pm – 5:00pm*</b> Open Swim (Training Pool)		<b>6:00 – 8:30pm</b> Open Swim (Training Pool)				

*\*Open Swim may be moved to the lap pool in the event of a birthday party.*

## *Pool Programs/Water Exercise Classes January 10<sup>th</sup> - February 11<sup>th</sup>*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:15am-11am Aqua Zumba (Michele R.)</p>	<p>6am-7am Masters Swimming</p> <p>8am – 8:45am Arthritis Plus (Amy M.)</p> <p>9am – 9:45am Pumping H2O (Kim)</p> <p>3:30pm – 9:00pm <i>Fox Swim Practice</i></p> <p>6:40pm-7:25pm Pumping H<sub>2</sub>O (Amy B.)</p>	<p>9:00am – 9:45am Aqua Zumba (Michele R.)</p> <p>12pm – 12:45 pm Deep H2O (Kim)</p> <p>3:30pm – 9:30pm <i>Fox Swim Practice</i></p> <p>7:00-8:00pm Masters Swimming</p>	<p>6am-7am Masters Swimming</p> <p>8am – 8:45am Arthritis Plus (Vicki K.)</p> <p>9am – 9:45am Pumping H2O (Kelly P.)</p> <p>3:30pm – 9:00pm <i>Fox Swim Practice</i></p> <p>6:40pm-7:25pm Deep H<sub>2</sub>O (Wendy)</p>	<p>9:15am – 10:00am Aqua Zumba (Michele R.)</p> <p>1pm – 1:45 pm Deep H2O (Susan)</p> <p>3:30pm – 9:30pm <i>Fox Swim Practice</i></p>	<p>6am-7am Masters Swimming</p> <p>8am – 8:45am Arthritis Plus (Amy M.)</p> <p>9am – 9:45 am Deep H2O (Amy M.)</p> <p>3:30pm – 9:00pm <i>Fox Swim Practice</i></p>	<p>9:45am – 10:30am Pumping H2O (Karen L.)</p> <p>12:30pm – 3:30pm <i>Fox Swim Practice</i></p> <p style="text-align: center;"><b>SCHEDULE SUBJECT TO CHANGE WITHOUT NOTIFICATION!</b></p>

### **Aquatic class descriptions:**

- **Aqua Zumba - All levels** –Hi-Lo impact water dance class with Latin Style! High energy and great cardio workout.
- **Arthritis Plus – All Levels** – A great cardio muscle-conditioning workout for all ages with any degree of arthritis with an additional cardio workout (**Training Pool**).
- **Deep H2O - All Levels** – Easy to follow, fun, safe and effective deep-water exercises for total fitness with emphasis on core strengthening and toning of the much troubled abdominal and back region. Classes held in the deep side of the lap pool.
- **Pumping H2O – All Levels** - A shallow water cardio workout that challenges you with fun, time-efficient exercises for muscle toning & strengthening balance, coordination, much more.