

**HealthSPORT**  
 300 Community Park Way  
 Arcata, CA 95521  
 (707) 822-3488  
 www.HealthSPORT.com

# December 2009 Aquatics Schedule

Family Swim  
 Drop-in Fees  
 0-5 years - Free  
 6-12 years - \$5  
 13-17 years - \$9  
 18+ years - \$15

**Pool Hours**  
 Mon-Fri - 5:00am-9:30pm  
 Sat/Sun - 7:00am-7:30pm

## Aquatics for All Ages

**NOTE: Children under 16 are only allowed pool access when a Lifeguard is on duty.**

	MON	TUE	WED	THURS	FRI	SAT	SUN
Family Swim Lifeguard on Duty	2:00-8:00pm	2:00-5:30pm 6:30-8:00pm	2:00-8:00pm	2:00-5:30pm 6:30-8:00pm	2:00-8:00pm	12:00-6:00pm	12:00-6:00pm
Swim Lessons (\$) (by appointment only)	10:30am-12:00pm 2:00-6:00pm	2:00-5:30pm	10:30am-12:00pm 2:00-6:00pm	2:00-5:30pm	2:00-6:00pm		12:00-4:00pm
Swim Team (\$)	4:30-5:30pm Grady		4:30-5:30pm Grady		4:30-5:30pm Grady		
School Groups	2:00-3:30pm	2:00-3:30pm	2:00-3:30pm	2:00-3:30pm	10:00am-12:00pm 2:00-3:30pm		
Baby Swim (\$)	10:00-10:30am		10:00-10:30am				

## Adult Only Programs

	MON	TUE	WED	THURS	FRI	SAT	SUN
Lap Swim	5:00-8:50am	5:00-8:50am	5:00-8:50am	5:00-8:50am	5:00-8:50am	7:00-8:50am	7:00-9:00am
Adults Only Swim	12:00-2:00pm 8:00-9:30pm	12:00-2:00pm 8:00-9:30pm	12:00-2:00pm 8:00-9:30pm	12:00-2:00pm 8:00-9:30pm	12:00-2:00pm 8:00-9:30pm	10:00-12:00pm 6:00-7:30pm	9:00-12:00pm 6:00-7:30pm
Aqua Aerobics	9:00-10:00am Lucy	9:00-10:00am Zan 5:30-6:30pm Priscilla	9:00-10:00am Lucy	9:00-10:00am Zan 5:30-6:30pm Priscilla	9:00-10:00am Lucy	9:00-10:00am Priscilla	
Senior Swim (\$)		10:15-11:45am		10:15-11:45am			

### Pool Class Descriptions:

**Adult Only Swim Lessons:** Other times available upon request.

**Family Swim:** Recreational time for families to enjoy the pool & spa. Lifeguards on duty.

**Swim Lessons:** Private, group and school group swim lessons offered. These classes take priority in the pool during this time.

**Swim Team:** (6-16 years old) A non-competitive swim team, which focuses on personal goals, social interaction and participating on a team. These classes take priority in the pool during this time.

**Lap Swim:** (Adults only) 2 persons per lane. All lanes available for lap swimming or water walking only. Lanes may not be available during class times.

**Adult Swim:** (Adult Quiet Time) Provides members the opportunity for personal water training (2 lanes provided), water walking, physical therapy and adult swim lessons. 2 persons per lane. Spa can be utilized by adults only.

**Aqua Aerobics:** (Adults Only) Low impact, high energy exercise focusing on cardiovascular endurance and resistance training. All fitness levels welcome. These classes take priority in the pool during this time. No Lap Swim available during Aqua Aerobics classes.

**Senior Swim:** This Aqua Aerobics class is a very low intensity Senior class. No Lap Swim.