

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

November 2008

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	2:00-4:30pm 5:30-8:00pm	2:00-5:30pm 6:30-8:00pm	2:00-4:30pm 5:30-8:00pm	2:00-5:30pm 6:30-8:00pm	2:00-4:30pm 5:30-8:00pm	10:30-6:00pm	10:30-6:00pm
Swim Lessons (\$) (by appointment only)	10:00am-12pm 2:00-6:00pm	2:00-5:30pm	10:00am-12pm 2:00-6:00pm	2:00-5:30pm	10:00am-12pm 2:00-6:00pm	1:30-4:00pm	10:30am-2pm
Swim Team (\$)	4:30-5:30pm		4:30-5:30pm		4:30-5:30pm		
School Groups	10:00am-12:00pm		10:00am-12:00pm		10:00am-12:00pm 2:00-3:00pm		
BabySPORT	11:00-11:30am		11:00-11:30am				

Adult Only Programs

	MON	TUE	WED	THURS	FRI	SAT	SUN
Lap Swim	5:00-9:00am	5:00-9:00am	5:00-9:00am	5:00-9:00am	5:00-9:00am	7:00-9:00am	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	10:00-10:30am 6:00-7:30pm	9:00-10:30am 6:00-7:30pm
Aqua Aerobics	9:00-10:00am Lucy	9:00-10:00am Anna 5:30-6:30pm Priscilla	9:00-10:00am Lucy	9:00-10:00am Anna 5:30-6:30pm Priscilla	9:00-10:00am Lucy	9:00-10:00am Priscilla	
Senior Swim (\$)		10:30-11:30am		10:30-11:30am			

Pool Class Descriptions:

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.

Adult Swim: (Adult Quite 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.

Senior Swim: This Aqua Aerobics class is a very low intensity Senior class.