ARCATA FITNESS SCHEDULE

November 2026

HealthSPORT

CLUB HOURS Mon-Fri: 5am-10pm and Sat/Sun: 7am-8pm

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Swim Lessons by Appointment ($) *10:00am-8:00pm*	***Swim Lessons by Appointment ($)*** *10:00am-8:00pm*	***Swim Lessons by Appointment ($)*** *10:00am-8:00pm*	***Swim Lessons by Appointment ($)*** *10:00am-8:00pm*	***Swim Lessons by Appointment ($)*** *10:00am-8:00pm*	***Swim Lessons by Appointment ($)*** *12:00-4:30pm*	***Swim Lessons by Appointment ($)*** *9:00-4:30pm*
5:00-8:50am Lap Swim	**5:00-2:00pm** Lap Swim	**5:00-8:50am** Lap Swim	**5:00-2:00pm** Lap Swim	**5:00-8:50am** Lap Swim	**7:00am-12:00pm** Lap Swim	**7:00-9:00am** Lap Swim
9:00-9:45am Aqua Zumba Marla		**9:00-9:45am** Aqua Conditioning Casse		**9:00-9:45am** Aqua Conditioning Casse		**9:00am-12:00pm** Group Swim Lessons ($)
10:00am-2:00pm Lap Swim		**10:00am-2:00pm** Lap Swim		**10:00am-2:00pm** Lap Swim		
					12:00-7:30pm *Family Swim	**12:00-4:30pm** *Family Swim
		1:30-2:30pm School Group	**1:30-2:30pm** School Group			
2:00-9:30pm *Family Swim	**2:00-9:30pm** *Family Swim	**2:00-4:00pm** *Family Swim	**2:00-9:30pm** *Family Swim	**2:00-9:30pm** *Family Swim		
		4:00-7:00pm Group Swim Lessons ($)				**4:30-7:30pm** Lap Swim
		7:00-9:30pm *Family Swim				

Lap Swimming
Available in lanes 3, 4, and 5 first come, first serve.

Swim Lessons ($)
Offered at all times except during Aqua Conditioning classes
Booked by appointment.

***Family Swim**
Ages 3+: Drop-in fee applies.
Ages 0–2: Free with a paying adult.

Aqua Conditioning
Whole pool reserved during these times. No lap swimming.

Cardio Splash ($)
Space is limited. Reservations recommended.

CLASS DESCRIPTIONS

Baby + Me:
This level focuses on water comfort through assisted back floats, mouth closure practice, and supported splashing. (guardian in water required)

Yellow Sea Stars:
Swimmers build confidence through gradual face submersion, coordinated movements with instructor guidance, and assisted glides. (guardian in water required)

Orange Otters:
Students develop independence by performing controlled jumps, independent back floats, and proper "elbow-to-leg" climb-outs.

Blue Jellyfish:
This level emphasizes breathing techniques, including front-to-back rolling and elementary backstroke coordination.

Red Dolphins:
Swimmers focus on form refinement, mastering the survival float, independent deep-water dives, and proper stroke entries.

HSP Swim Academy:
Advanced swimmers refine stroke fluidity and speed while learning emergency skills like the sidestroke. Non-competitive swim team style.

Swim Lessons
Private swim sessions cater to all levels, from babies to triathlon trainers. Our experienced instructors offer personalized attention for every swimmer, focusing on foundational skills, water familiarity, and advanced techniques. Whether starting with your baby's first splash or refining strokes for a triathlon, our private lessons provide tailored guidance and celebrate every stage of the swimming journey.

Aqua Conditioning:
This low-impact workout in the water combines cardio, strength, and flexibility exercises to improve overall fitness. You'll experience a sense of weightlessness and fluidity, leaving your muscles toned and your mind rejuvenated. Get ready to make a splash and leave feeling refreshed!

Aqua Zumba:
This dynamic water workout combines Latin rhythms with fun dance moves, creating a joyful and exhilarating experience. You'll splash, groove, and tone your muscles while enjoying the buoyancy of the water. Get ready to dance, sweat, and leave feeling happy, revitalized, and ready to make a splash in your day!

HealthSPORT
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