EUREKA 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 ($) *2 Lanes Reserved 9:00-11:00am 1:00-8:00pm*	***Swim Lessons by Appointment ($)*** *2 Lanes Reserved 2:00-8:00pm*	***Swim Lessons by Appointment ($)*** *2 Lanes Reserved 1:00-8:00pm*	***Swim Lessons by Appointment ($)*** *2 Lanes Reserved 2:00-8:00pm*	***Swim Lessons by Appointment ($)*** *2 Lanes Reserved 1:00-8:00pm*	***Swim Lessons by Appointment ($)*** *2 Lanes Reserved 8:00am-7:30pm*	***Swim Lessons by Appointment ($)*** *2 Lanes Reserved 8:00am-4:30pm*
5:00am-5:00pm Lap Swim	**5:00am-8:45am** Lap Swim	**5:00am-3:45pm** Lap Swim	**5:00am-8:45am** Lap Swim	**5:00am-5:00pm** Lap Swim	**7:00am-12:00pm** Lap Swim	**7:00am-7:45am** Lap Swim
	9:00-9:45am Aqua Zumba Marla		**9:00-9:45am** Aqua Zumba Marla			**8:00am-12:00pm** Group Swim Lessons ($)
	10:00am-12:45pm Lap Swim		**10:00am-12:45pm** Lap Swim			
	1:00-1:45pm Aqua Conditioning Casse		**1:00-1:45pm** Aqua Conditioning Casse		**12:00-7:30pm** *Family Swim	**12:00-4:30pm** *Family Swim
	2:00-9:30pm Lap Swim		**2:00-9:30pm** Lap Swim			
		4:00-7:00pm Group Swim Lessons ($)				**4:30-7:30pm** Lap Swim
5:00-8:00pm *Family Swim				**5:00-8:00pm** *Family Swim		
8:00pm-9:30pm Lap Swim		**7:00pm-9:30pm** Lap Swim		**8:00pm-9:30pm** Lap Swim		

Lap Swimming
3 lanes reserved, 2 person per lane. 1 lane reserved for walking, up to 6 people in lane. No recreational fun.

Family Swim & Swim Lessons
2 lanes reserved for swim lessons the rest of the pool reserved for Family Swim. Recreational fun time. No lap swimming/walking.

Lap Swim & Swim Lessons
2 lanes reserved for swim lessons, 1 lane reserved for lap swimming 2 person per lane, 1 lane reserved for lap walking up to 6 people. No recreational fun.

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

Group Swim
The Pool is reserved for Group Swim Lessons and Private Swim Lessons.

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

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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