

# ARCATA POOL

January 2019



## Club Hours

Mon-Fri 5:00am - 10:00pm  
Sat-Sun 7:00am - 8:00pm  
HealthSPORT.com

## Kids Korner Hours

Mon-Fri: 8:15am - 1:00pm  
Mon-Fri: 4:00pm - 7:30pm  
Sat-Sun: 8:15am - 12:30pm

## MONDAY

Lap Swim	5:00-8:50am	
Aqua Conditioning	9:00-9:50am	Tara W.
Lap Swim	10:00am-2:00pm	
Family Swim	2:00-5:50pm	
Aqua Bootcamp	6:00-6:50pm	Caitlin
Lap Swim	7:00-9:30pm	

## TUESDAY

Lap Swim	5:00-8:50am	
Aqua Bootcamp	9:00-9:50am	Staff
Senior Aqua Time	10:00-10:50am	
Lap Swim	11:00-2:00pm	
Family Swim	2:00-8:00pm	
Lap Swim	8:00-9:30pm	

## WEDNESDAY

Lap Swim	5:00-8:50am	
Aqua Conditioning	9:00-9:50am	Tara W.
Lap Swim	10:00-2:00pm	
Family Swim	2:00-5:50pm	
Aqua Bootcamp	6:00-6:50pm	Caitlin
Lap Swim	7:00-9:30pm	

## THURSDAY

Lap Swim	5:00-8:50am	
Aqua Bootcamp	9:00-9:50am	Staff
Senior Aqua Time	10:00-10:50am	
Lap Swim	11:00-2:00pm	
Family Swim	2:00-8:00pm	
Lap Swim	8:00-9:30pm	

## FRIDAY

Lap Swim	5:00-8:50am	
Aqua Conditioning	9:00-9:50am	Tara W.
Lap Swim	10:00-2:00pm	
Family Swim	2:00-8:00pm	
Lap Swim	8:00-9:30pm	

## SATURDAY

Lap Swim	7:00-8:50am	
Aqua Skills & Drills	9:00-9:50am	Staff
Lap Swim	10:00-12:00pm	
Family Swim	12:00-6:00pm	
Lap Swim	6:00-7:30pm	

## SUNDAY

Lap Swim	7:00-12:00pm	
Family Swim	12:00-6:00pm	
Lap Swim	6:00-7:30pm	

School Groups will be utilizing the pool on the following dates/times:

**10:30am-11:45am** 1/25. **2:15-3:15pm** 1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30. Family Swim Will Remain Available.

# HealthSPORT

300 Martin Luther King Jr. Way • (707) 822.3488



# ARCATA SWIM LESSONS (\$)

January 2019

## Club Hours

Mon-Fri 5:00am - 10:00pm

Sat-Sun 7:00am - 8:00pm

HealthSPORT.com

## Kids Korner Hours

Mon-Fri: 8:15am - 1:00pm

Mon-Fri: 4:00pm - 7:30pm

Sat-Sun: 8:15am - 12:30pm

## MONDAY

Tiny Swimmers

3:30-4:00pm

Learn to Swim

4:00-4:30pm

## TUESDAY

No Group Lessons

## WEDNESDAY

No Group Lessons

## THURSDAY

Learn to Swim

4:00-4:30pm

## FRIDAY

Tiny Swimmers

3:30-4:00pm

Stroke Development

4:00-4:30pm

Swim Club

4:00-5:00pm

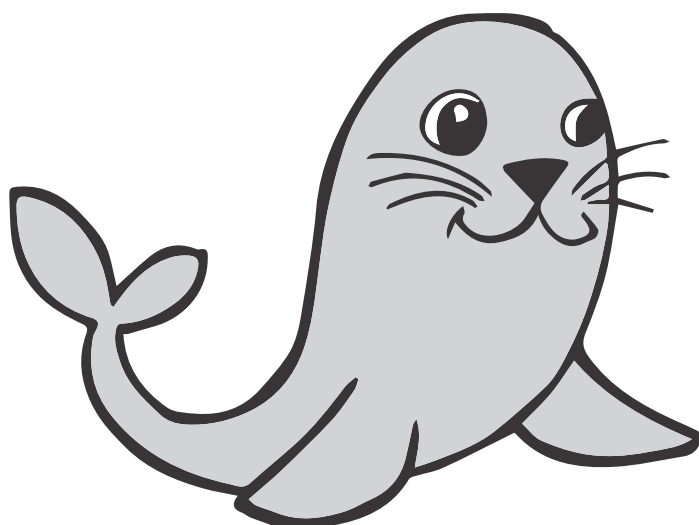
## SATURDAY

No Group Lessons

## SUNDAY

No Group Lessons

*\* Private Lessons are available. Call or visit the service desk to schedule.*



HealthSPORT  
**seals**  
Swim Club & Lessons

300 Martin Luther King Jr. Way • (707) 822.3488

