

ARCATA POOL

March 2020



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	2:00-8:00pm	
Lap Swim	8:00-9:30pm	

TUESDAY

Lap Swim	5:00-8:50am	
Aqua Bootcamp	9:00-9:50am	Jovonne
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	2:00-8:00pm	
Lap Swim	8:00-9:30pm	

THURSDAY

Lap Swim	5:00-8:50am	
Aqua Conditioning	9:00-9:50am	Cory

THURSDAY CONTINUED

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	Cory
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	

HealthSPORT

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



ARCATA SWIM LESSONS (\$)

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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

TUESDAY

Learn to Swim

3:30-4:00pm

Swim Club

4:00-5:00pm

WEDNESDAY

No Group Lessons

THURSDAY

Stroke Development

3:30-4:00pm

FRIDAY

No Group Lessons

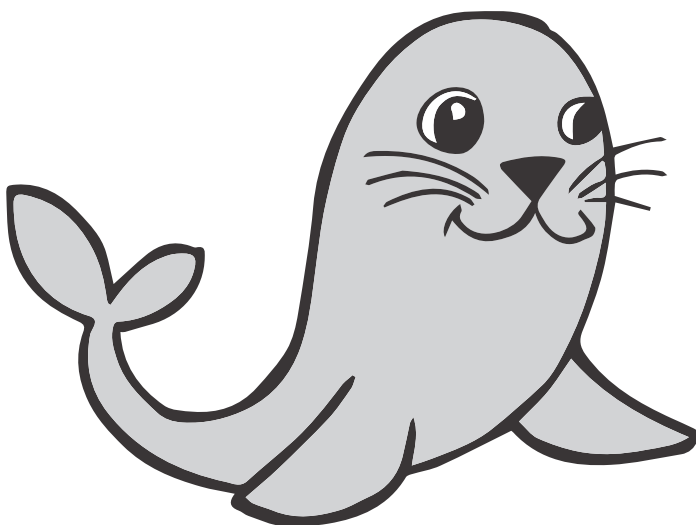
SATURDAY

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

