

ARCATA POOL

Fall 2021



Club Hours

Mon-Fri: 5:00am-8:00pm

Sat: 9:00am-5:00pm

Sun: 9:00am-1:00pm

MONDAY

Lap Swim	5:00am-9:00am
HSP Aqua (\$)	9:00am-9:45am Casse
Lap Swim	10:00am-2:00pm
Family Swim	2:00pm-7:30pm

TUESDAY

Lap Swim	5:00am-2:00pm
Family Swim	2:00pm-7:30pm

WEDNESDAY

Lap Swim	5:00am-9:00am
HSP Aqua (\$)	9:00am-9:45am Casse
Lap Swim	10:00am-2:00pm
Family Swim	2:00pm-7:30pm

THURSDAY

Lap Swim	5:00am-2:00pm
Family Swim	2:00pm-7:30pm

FRIDAY

Lap Swim	5:00am-9:00am
HSP Aqua (\$)	9:00am-9:45am Casse
Lap Swim	10:00am-2:00pm
Family Swim	2:00pm-7:30pm

SATURDAY

Lap Swim	9:00am-12:00pm
Family Swim	12:00pm-4:30pm

SUNDAY

Lap Swim	9:00am-11:00am
Family Swim	11:00am-12:30pm

Lap Swimming:

Available in Lanes 3, 4, & 5. First come first serve. Limit 1 per lane.

Water Walking:

Available in Lanes 1 & 2. Mask not required. Recommended maximum of 6 water walkers at a time.

Aqua Classes:

Masks not required.

Swim Lessons:

Offered at all times except during Aqua Classes.

HealthSPORT

300 Martin Luther King Jr. Way • (707) 822-3488

