

January 2018 Indoor Pool Swim Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed Happy New Year!	2 5:00am - 2:30pm All lanes open 2pm - 6pm Swim Meet No lanes open 6pm - 8:45pm All lanes open	3 5:00am - 2:30pm All lanes open 2:30 - 6pm Swim Meet No lanes open 6pm - 7:30pm STC 4 lanes open 7:30pm - 8:45pm All lanes open	4 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 5:30pm - 8:45pm All lanes open	5 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 5:30pm - 7:45pm All lanes open	6 7am - 8:30am All lanes open 9:00am - 10:30am STC 4 lanes open 10:30am - 5:45pm All lanes open
7 10am - 5:45pm All lanes open	8 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 6pm - 7:30pm STC 4 lanes open 7:30pm - 8:45pm All lanes open	9 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 5:30pm - 8:45pm All lanes open	10 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 6pm - 7:30pm STC 4 lanes open 7:30pm - 8:45pm All lanes open	11 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 5:30pm - 8:45pm All lanes open	12 5:00am - 3:30pm All lanes open 3:30pm - 5:30pm Ray Pec Girls & Harrisonville Girls No lanes open 5:30pm - 7:45pm All lanes open	13 7am - 8:30am All lanes open 9:00am - 10:30am STC 4 lanes open 10:30am - 5:45pm All lanes open
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Aquatic Center Rules

- Children 8 and under must be accompanied at all times by a parent or guardian (age 16+) within the pool area. Children 4 and under must have a parent or guardian within arm's length in the pool area at all times.
- No flotation devices allowed in the lap swim area; all flotation devices must stay in three foot deep water or less. Flotation devices must be US Coast Guard approved.
- No running allowed on or around the pool deck, the hallway to the pool or into the zero depth area.
- No dunking, splashing, fighting, wrestling, shoulder rides, horseplay or any other unsafe activity allowed.
- No diving, back jumps or flips allowed in the facility.
- Indoor slide is restricted for use by those 42" and under.
- Swim diapers are required for all those who are diaper dependent.
- Please stay out of designated areas for classes, programs and lap swimmers.
- Weights, kick boards, noodles, dumbbells and pull buoys are reserved for exercise use ONLY.
- Starting blocks are for swim team use ONLY.
- No food, drink or glass objects permitted in the locker rooms or on the pool deck.
- Swimmers may not hang on the lane lines or the basketball rim.

**These rules are to ensure the safety of all our patrons.
We appreciate your cooperation!**

Sauna and Hot Tub Rules

- You must be 18 years or older to use the sauna and hot tub.
- You should not use the hot tub or sauna if you are pregnant or have a heart condition, diabetes or high blood pressure.
- Average temperature is 101 degrees for the hot tub and 155 degrees for the sauna; consult your physician before using the sauna and hot tub if you have any health concerns.
- Please shower before entering or re-entering the hot tub, pool or sauna.
- No water or wet clothing allowed in the sauna.
- Please bring a towel to sit on in the sauna.
- There is a 30-minute time limit while others are waiting.

Please contact facility staff with any concerns.

Group & Private Swim Lessons

Our year-round *Learn to Swim* program is designed to offer lessons for every age and level!

Group Swim Lessons meet Mon. & Wed. or Tues. & Thurs. for three-weeks or Mon. & Thurs. only for six-weeks.
Each class is 35 minutes.

Cost: \$40.00/participant per session

Private Swim Lessons are also available upon request for \$15 per lesson.

For details or to register visit us online at visit www.hparks.com or contact the HCC front desk at 816.380.8980 anytime!

Lane Activity Schedule

- **Group Swim Lessons**
 - Mon. - Thurs. 9am-11:30am & 6pm-8:15pm
- **Tues. & Thurs. Aquatics Classes**
 - 8:30am-9:30am - Basic Water Aerobics
 - 7pm-8pm - Aquacise Water Aerobics
- **Saturday Aquatics Classes**
 - 9am-10am - Aquacise Water Aerobics
- **Mon. - Fri. Ray-Pec & Harrisonville Swim Team Practices**
 - 3:30pm - 5:30pm
- **Swim Team Conditioning**
 - Mon. & Wed. 6pm - 7:30pm
 - Sat. 8:30 am - 10am
- **Harrisonville Swim Meet**
Tuesday, January 3rd 2pm - 6pm

