

AQUATIC SCHEDULE – THE HAWK

SUBJECT TO CHANGE

March 27th - April 2nd
Spring Break 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|---|---|
| Lap Swim & River Walking Only 5:30am-9:00am | Lap Swim & River Walking Only 5:30am-9:00am | Lap Swim & River Walking Only 5:30am-9:00am | Lap Swim & River Walking Only 5:30am-9:00am | Lap Swim & River Walking Only 5:30am-9:00am | Lap Swim & River Walking Only 7:00am-10:00am | Lap Swim & River Walking Only 8:00am-12:00pm |
| Lap Swim Only 9:00am-10:00am | Lap Swim Only 9:00am-10:00am | Lap Swim Only 9:00am-10:00am | Lap Swim Only 9:00am-10:00am | Open Swim: Modified 9:00am-10:00am | | |
| Open Swim: Modified 10:00am-12:00pm | Open Swim: Modified 10:00am-12:00pm | Open Swim: Modified 10:00am-12:00pm | Open Swim: Modified 10:00am-12:00pm | CAMP SWIM ONLY 10:00am-2:00pm | Open Swim: Modified 10:00am-12:00pm | Open Swim: All Features Open 12:00pm-2:00pm |
| CAMP SWIM ONLY 12:00pm-2:00pm | CAMP SWIM ONLY 12:00pm-2:00pm | CAMP SWIM ONLY 12:00pm-2:00pm | CAMP SWIM ONLY 12:00pm-2:00pm | | Open Swim: All Features Open 12:00pm-2:00pm | |
| Open Swim: All Features Open 2:00pm-8:00pm | Open Swim: Modified 2:00pm-8:00pm | Open Swim: Modified 2:00pm-8:00pm | Open Swim: Modified 2:00pm-8:00pm | Open Swim: All Features Open 2:00pm-8:00pm | Open Swim: Modified 2:00pm-6:00pm | Open Swim: Modified 2:00pm-5:00pm |
| Lap Swim & River Walking Only 8:00pm-9:00pm | Lap Swim & River Walking Only 8:00pm-9:00pm | Lap Swim & River Walking Only 8:00pm-9:00pm | Lap Swim & River Walking Only 8:00pm-9:00pm | | | |

AQUATIC PROGRAMS

| | | | | | | |
|--|--|--|--|--|--|--|
| Water Aerobics 9:00am-9:55am | Water Aerobics 9:00am-9:55am | Water Aerobics 9:00am-9:55am | Water Aerobics 9:00am-9:55am | | | |
| Deep Water Aerobics 10:00am-10:55am | Deep Water Aerobics 10:00am-10:55am | Deep Water Aerobics 10:00am-10:55am | Deep Water Aerobics 10:00am-10:55am | | | |



Join Today

Swim Lessons

Don't know how to swim? We'll teach you. Classes for all ages and skill levels. For more info click Aquatics under the Activities Tab @ www.fhgov.com

Give us a call
248-699-6486

Program Descriptions

Water Aerobics – Your body will love this fat burning, all-inclusive workout to motivating music using a variety of equipment. This class will combine aerobic conditioning, strength training, endurance, and flexibility. You do not need to know how to swim, but you should be comfortable in the water.

Deep Water Aerobics – Is an enjoyable way to slim down and shape up! Spend 20 minutes of aerobics using natural resistance of water to improve cardiovascular fitness followed by 20 minutes of intense weight training and 10 minutes of abs/core body workout. You do not need to know how to swim but must be comfortable in 8.3ft deep water.

Open Swim - Features are available for use. Occasionally, classes or training may be conducted during open swim.

Modified Open Swim - Modified Open sessions are the best times for parents with small children and seniors to enjoy our Leisure Pool. Depending on current scheduled programming certain features may not be open during a modified open swim.

Leisure Pool - Includes: Lap Lanes, Lazy River, Zero Depth Entry & Water Slide. Depth of 3.5 feet.

Deep Pool - Includes: Rock Climbing Wall & Zip Line. Depth of 8 feet, 2 inches.



Have fun & follow the pool rules

THE HAWK
A COMMUNITY POLICE COMMUNITY CENTER

| | | | |
|--|---|---|--|
|  NO DIVING IN SHALLOW END |  NO SWIMMING ALONE UNDER 6 YEARS OLD |  NO RUNNING ON POOL DECK |  NO OUTSIDE SHOES ON POOL DECK |
|  NO GLASS OR ALCOHOLIC BEVERAGES |  NO FOOD, DRINK, OR CANDY |  NO TOYS, INNER TUBES, WATER WINGS, OR FLOATATION DEVICES | |
|  ALL SWIMMERS MUST HAVE A SWIM SUIT |  SANDALS & WATER SHOES ONLY |  WATER ONLY | |
|  USCG APPROVED LIFEJACKETS ONLY |  MUST SHOWER BEFORE SWIMMING |  MUST BE 48 INCHES TALL TO RIDE SLIDE |  TO SWIM IN DEEP END, MUST COMPLETE A SWIM TEST |