





Aquatics Schedule

Main Pool

2017 September

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday					
5:00 AM	Closed										
5:15 AM											
5:30 AM											
5:45 AM											
6:00 AM							Lap Swim All 5 Lanes 5:00-7:00				
6:15 AM											
6:30 AM											
6:45 AM											
7:00 AM	Closed										
7:15 AM											
7:30 AM						Cardio Water 7:30-8:30 w/Rosalie	Lap Swim All 5 Lanes 5:00-8:30		Lap Swim All 5 Lanes 5:00-8:30	Cardio Water 7:30-8:30 w/Rosalie	
7:45 AM											
8:00 AM											
8:15 AM											
8:30 AM											
8:45 AM	Aqua-Tone w/Linda ~Overflow~ 8:40-9:40		Aqua-Tone w/Linda ~Overflow~ 8:40-9:40								
9:00 AM	O P E N S W I M				Synapse Surf w/Linda 9:00-10:00						
9:15 AM											
9:30 AM			Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00						
9:45 AM											
10:00 AM											
10:15 AM											
10:30 AM											
10:45 AM											
11:00 AM											
11:15 AM											
11:30 AM	 <p>WELCOMES RUGBY Middle School Swim Team & Asheville Youth Swim League</p> 										
11:45 AM											
12:00 PM											
12:15 PM											
12:30 PM											
12:45 PM											
1:00 PM											
1:15 PM											
1:30 PM											
1:45 PM											
2:00 PM											
2:15 PM											
2:30 PM											
2:45 PM											
3:00 PM											
3:15 PM											
3:30 PM											
3:45 PM											
4:00 PM	Swim Lessons 3:45-4:30	Swim Lessons 3:45-4:30	Swim Lessons 3:45-4:30	Swim Lessons 3:45-4:30		Closed					
4:15 PM											
4:30 PM											
4:45 PM											
5:00 PM	Swim Lessons 4:45-5:30	Swim Lessons 4:45-5:30	Swim Lessons 4:45-5:30	Swim Lessons 4:45-5:30							
5:15 PM											
5:30 PM											
5:45 PM											
6:00 PM	Rugby Swim Team 6:00-7:00		Rugby Swim Team 6:00-7:00	Fall Youth Swim League 6:00-7:00							
6:15 PM											
6:30 PM											
6:45 PM											
7:00 PM	Closed	Lap Swim All 5 Lanes 7:30-9:00									
7:15 PM											
7:30 PM											
7:45 PM											
8:00 PM											
8:15 PM											
8:30 PM											
8:45 PM											

Please Note:

Cardio Water Class
Strengthen your core and amp up your cardiovascular fitness with this high energy yet *low impact* workout!

Synapse Surf
Join the fun balancing on noodles, playing with balls and exercising your brain synapses as you have a great total body workout.

Lap Swim
Please note: all five lanes are set aside for lap swim. Please see the Lap Swim Etiquette handout for how to share lanes.

Pool Hours of Operations

Sun 9am-5:45 pm
Mon-Thurs 5am-9 pm
Fri 5am-3:45 pm
Sat CLOSED