





Aquatics Schedule

Main Pool

October 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Lap Swim All 5 Lanes 5:00-7:00				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM	OPEN SWIM	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
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40		Aqua-Tone w/Marge ~Overflow~ 8:40-9:40			
9:00 AM				Synapse Surf w/Rita 9:00-10:00		
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM			Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00	
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM		 WELCOMES RUGBY Middle School Swim Team & Asheville Swim Leagues 				
11:15 AM						
11:30 AM						
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	
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	Closed
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM		Rugby Swim Team 6:00-7:15		Rugby Swim Team 6:00-7:15	Fall Youth Swim League 6:00-7:00	
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM	Closed				Fall Adult Swim League 7:00-8:00	Pool Hours of Operations Sun 9am-5:45 pm Mon-Thurs 5am-9 pm Fri 5am-3:45 pm Sat CLOSED
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM						
8:15 PM						
8:30 PM						
8:45 PM						
			Lap Swim All 5 Lanes *2 Lanes on Thursdays until 8pm* 7:30-9:00			

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.