



Aquatics Schedule

Main Pool

November 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	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	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40			Aqua-Tone w/Marge ~Overflow~ 8:40-9:40	Synapse Surf w/Rita 9:00-10:00	
8:00 AM						
8:15 AM						
8:30 AM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40			Aqua-Tone w/Marge ~Overflow~ 8:40-9:40	Synapse Surf w/Rita 9:00-10:00	
8:45 AM						
9:00 AM						
9:15 AM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40			Aqua-Tone w/Marge ~Overflow~ 8:40-9:40	Synapse Surf w/Rita 9:00-10:00	
9:30 AM						
9:45 AM						
10:00 AM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40		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	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40		Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00	
11:00 AM						
11:15 AM						
11:30 AM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40		Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00	
11:45 AM						
12:00 PM						
12:15 PM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40		Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00	
12:30 PM						
12:45 PM						
1:00 PM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40		Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00	
1:15 PM						
1:30 PM						
1:45 PM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40		Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00	
2:00 PM						
2:15 PM						
2:30 PM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40		Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00	
2:45 PM						
3:00 PM						
3:15 PM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40		Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00	
3:30 PM						
3:45 PM						
4:00 PM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30
4:15 PM						
4:30 PM						
4:45 PM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30
5:00 PM						
5:15 PM						
5:30 PM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30
5:45 PM						
6:00 PM						
6:15 PM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30
6:30 PM						
6:45 PM						
7:00 PM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30
7:15 PM						
7:30 PM						
7:45 PM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30
8:00 PM						
8:15 PM						
8:30 PM	Aqua-Tone w/Marge ~Overflow~ 8:40-9:40	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30	Christ School 3:45-5:15	Swim Lessons 3:45-4:30
8:45 PM						

OPEN SWIM

WELCOMES

Christ School Swim Team
West Henderson High Swim Team
Asheville Swim Leagues

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