



# Aquatics Schedule

# Main Pool

# January 2018

	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	Closed	Lap Swim All 5 Lanes 5:00-8:30									
7:00 AM											
7:15 AM											
7:30 AM							Cardio Water w/Rosalie 7:30-8:30	Lap Swim All 5 Lanes 5:00-8:30	Lap Swim All 5 Lanes 5:00-8:30	Cardio Water w/Rosalie 7:30-8:30	
7:45 AM											
8:00 AM							Aqua-Zumba w/Velvet ~Overflow~ 8:40-9:40	Cardio Water w/Fern 10:00-11:00	Aqua-Zumba w/Velvet ~Overflow~ 8:40-9:40	Synapse Surf w/Rita 9:00-10:00	Cardio Water w/Fern 10:00-11:00
8:15 AM											
8:30 AM	O P E N  S W I M	<p>Next Sessions: January 8-18 February 19-March 1 March 12-22 Sign up at our front desk</p>									
8:45 AM											
9:00 AM											
9:15 AM											
9:30 AM											
9:45 AM											
10:00 AM							Christ School 3:45-5:15	Swim Lessons 4:45-6:15	Swim Lessons 4:45-6:15	Swim Lessons 4:45-6:15	Swim Lessons 4:45-6:15
10:15 AM											
10:30 AM											
10:45 AM											
11:00 AM											
11:15 AM											
11:30 AM	Christ School 3:30	Closed	Closed	Closed	Closed						
11:45 AM											
12:00 PM											
12:15 PM											
12:30 PM											
12:45 PM											
1:00 PM						West Henderson High School 6:00-8:00	Lap Swim All 5 Lanes 7:30-9:00	Lap Swim All 5 Lanes 7:30-9:00	Asheville Swim League 6:30-7:30	Lap Swim All 5 Lanes 7:30-9:00	
1:15 PM											
1:30 PM											
1:45 PM											
2:00 PM											
2:15 PM											
2:30 PM	Closed	Lap Swim All 5 Lanes 7:30-9:00	Lap Swim All 5 Lanes 7:30-9:00	Lap Swim All 5 Lanes 7:30-9:00	Lap Swim All 5 Lanes 7:30-9:00						
2:45 PM											
3:00 PM											
3:15 PM											
3:30 PM											
3:45 PM											
4:00 PM						Closed	Lap Swim All 5 Lanes 7:30-9:00	Lap Swim All 5 Lanes 7:30-9:00	Lap Swim All 5 Lanes 7:30-9:00	Lap Swim All 5 Lanes 7:30-9:00	
4:15 PM											
4:30 PM											
4:45 PM											
5:00 PM											
5:15 PM											
5:30 PM	Closed	Lap Swim All 5 Lanes 7:30-9:00	Lap Swim All 5 Lanes 7:30-9:00	Lap Swim All 5 Lanes 7:30-9:00	Lap Swim All 5 Lanes 7:30-9:00						
5:45 PM											
6:00 PM											
6:15 PM											
6:30 PM											
6:45 PM											
7:00 PM						Closed	Lap Swim All 5 Lanes 7:30-9:00	Lap Swim All 5 Lanes 7:30-9:00	Lap Swim All 5 Lanes 7:30-9:00	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