



Aquatics Schedule

Main Pool

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