





Aquatics Schedule

Main Pool

2019 APRIL

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | | | | |
|----------|--|--|---------------------------|---|---------------------------------------|--|---------------------------|---------------------------|---------------------------|--------|
| 5:00 AM | Closed | Lap Swim All 5 Lanes 5:00-7:15 | | | | | | | | |
| 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 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 | | | | |
| 7:15 AM | | | | | | | | | | |
| 7:30 AM | | | | | | | | | | |
| 7:45 AM | Aqua-Zumba w/Velvet ~Overflow~ 8:40-9:40 | | | Aqua-Zumba w/Velvet ~Overflow~ 8:40-9:40 | Synapse Surf w/Rita 9:00-10:00 | | | | | |
| 8:00 AM | | | | | | | | | | |
| 8:15 AM | | | | | | | | | | |
| 8:30 AM | Cardio Water w/Fern 10:00-11:00 | | | | Cardio Water w/Fern 10:00-11:00 | | | | | |
| 8:45 AM | | | | | | | | | | |
| 9:00 AM | | | | | | | | | | |
| 9:15 AM | OPEN SWIM |  WELCOMES The Henderson County Special Olympics Mondays: April 1, 15, 22, 29 Sundays: April 7 | | | | | | | | |
| 9:30 AM | | | | | | | | | | |
| 9:45 AM | | | | | | | | | | |
| 10:00 AM | | | | | | | | | | |
| 10:15 AM | | | | | | | | | | |
| 10:30 AM | | | | | | | | | | |
| 10:45 AM | | | | | | | | | | |
| 11:00 AM | | | | | | | | | | |
| 11:15 AM | | | | | | | | | | |
| 11:30 AM | | | | | | | | | | |
| 11:45 AM | | | | | | | | | | |
| 12:00 PM | | | | | | | | | | |
| 12:15 PM | | | | | | | | | | |
| 12:30 PM | | | | | | | | | | |
| 12:45 PM | | | | | | | | | | |
| 1:00 PM |  Swim Lessons NEXT SESSIONS: APRIL 8~18 APRIL 29~MAY 9 Sign Up at Our Front Desk | | | | | | | | | |
| 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 4:00-4:45 | SWIM LESSONS 4:00-4:45 | SWIM LESSONS 4:00-4:45 | SWIM LESSONS 4:00-4:45 | Closed |
| 4:15 PM | | | | | | | | | | |
| 4:30 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 | | | | | | |
| 4:45 PM | | | | | | | | | | |
| 5:00 PM | 6:00-7:00 | | | | | | | | | |
| 5:15 PM | | | | | | | | | | |
| 5:30 PM | | | | | | | | | | |
| 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 | | | | | | | | |
| 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