



AQUATICS SCHEDULE

Main Pool

JANUARY 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday					
5:00 AM	Closed	Adult Only All Lanes Open 5:00-7:30									
5:15 AM											
5:30 AM											
5:45 AM											
6:00 AM											
6:15 AM											
6:30 AM											
6:45 AM	OPEN SWIM										
7:00 AM											
7:15 AM											
7:30 AM							Cardio-Water w/Tim 7:40-8:40	All Lanes Open 5:00-8:30		All Lanes Open 5:00-8:30	Cardio-Water w/Tim 7:40-8:40
7:45 AM											
8:00 AM											
8:15 AM											
8:30 AM	Aqua-Zumba w/Velvet 8:40-9:40		Aqua-Tabata w/Velvet 8:40-9:40								
8:45 AM		Synapse Surf w/Rita 9:00-10:00		Synapse Surf w/Rita 9:00-10:00							
9:00 AM											
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	Aqua-Zumba w/Velvet 10:00-11:00					
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						Pool Deck Cleaning (Pool Open) 1-4pm FRIDAYS *pressure washer in use					
1:15 PM											
1:30 PM											
1:45 PM											
2:00 PM											
2:15 PM											
2:30 PM											
2:45 PM											
3:00 PM						Closed					
3:15 PM											
3:30 PM											
3:45 PM											
4:00 PM	Christ School Swim Team 4:00-5:30	Christ School Swim Team 4:00-5:30	Christ School Swim Team 4:00-5:30	Christ School Swim Team 4:00-5:30	Christ School Swim Team 4:00-5:30						
4:15 PM											
4:30 PM											
4:45 PM											
5:00 PM											
5:15 PM											
5:30 PM											
5:45 PM	West Henderson Swim Team 5:30-7:00		West Henderson Swim Team 5:30-7:00								
6:00 PM											
6:15 PM		Cardio-Water w/Lori 6:15-7:15		Cardio-Water w/Lori 6:15-7:15							
6:30 PM											
6:45 PM											
7:00 PM											
7:15 PM	Asheville Swim League 7:15-8:15										
7:30 PM		West Henderson Swim Team 7:15-8:45									
7:45 PM											
8:00 PM											
8:15 PM	All Lanes Open 7:30-8:45		All Lanes Open 7:30-8:45		All Lanes Open 7:30-8:45						
8:30 PM											
8:45 PM											

Please Note:

Adult Only Swim 5am-7:30am M-F

May operate on:
NO LIFEGUARD ON DUTY
-Swim at Your Own Risk - *WATCH YOUR CHILDREN*

CLASSES HAVE PRIORITY USE OF POOL

Cardio Water
 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
 All five lanes are set aside for lap swim. Please see the Lap Swim Etiquette handout for how to share lanes. *Thank you for sharing!*

Pool Hours of Operations

Sun 9am-5:45 pm
 Mon-Thurs 5am-8:45 pm
 Fri 5am-3:45 pm
 Sat CLOSED