



# Aquatics Schedule

# MAIN POOL

# 2024 February

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	Closed	<p style="text-align: center;"><u>Adult Only All Lanes Open</u> 5:00-7:30</p> <p style="text-align: center;"><b>Adult Swim Only</b> 5:00am-11:00am Monday - Friday</p>					
5:15 AM							
5:30 AM							
5:45 AM							
6:00 AM							
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM		Deep Water Toning & Cardio w/Marge 7:30-8:30		Deep Water Toning & Cardio w/Marge 7:30-8:30		Deep Water Toning & Cardio w/Marge 7:30-8:30	
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM		Aqua-Zumba w/Velvet 8:40-9:40		Aqua-Tabata w/Velvet 8:40-9:40			
9:00 AM	SUNDAY OPEN SWIM		Synapse Surf w/Rita 9:00-10:00		Synapse Surf w/Rita 9:00-10:00		
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							
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3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM	*No Open Swim from 4pm to 6pm M-Th * Therapy & Lap Swim Only *						
4:15 PM		Christ School 4 Lanes 4:00-6:00	Christ School 4 Lanes 4:00-6:00	Christ School 4 Lanes 4:00-6:00	Christ School 4 Lanes 4:00-6:00		
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM							
6:15 PM							
6:30 PM		Asheville Swim League 6:30-8:00 idaph.net	Cardio-Water w/Tim 6:30-7:30		Cardio-Water w/Tim 6:30-7:30		
6:45 PM							
7:00 PM							
7:15 PM	Closed						
7:30 PM							
7:45 PM							
8:00 PM			All Lanes Open 8:00-8:45		All Lanes Open 7:30-8:45		
8:15 PM							
8:30 PM							
8:45 PM							

**Please Note:**

**Adult Only Swim**  
5am-11am M-F

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

**CLASSES HAVE PRIORITY USE OF POOL**  
**No children during classes**

**Cardio Water**  
Strengthen your core and amp up your cardiovascular fitness with this high energy yet *low impact* workout!

**Deep Water Toning & Cardio**  
Total body conditioning using noodles, boards, buoys & all your muscles!

**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