



Aquatics Schedule

MAIN POOL

2024 November

	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	S U N D A Y	Adult Swim Only 5:00am-11:00am Monday - Friday										
7:00 AM												
7:15 AM												
7:30 AM												
7:45 AM												
8:00 AM												
8:15 AM												
8:30 AM	O P E N	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						
8:45 AM		Aqua-Zumba w/Velvet 8:40-9:40	Synapse Surf w/Rita 9:00-10:00	Aqua-Tabata w/Velvet 8:40-9:40	Synapse Surf w/Rita 9:00-10:00							
9:00 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						
9:15 AM		S W I M	Asheville Trailblazers Swim Team 2:00-3:15									
9:30 AM												
9:45 AM												
10:00 AM												
10:15 AM												
10:30 AM												
10:45 AM												
11:00 AM	S W I M	Christ School Swim Team 3:45-5:45 (3 lanes)										
11:15 AM												
11:30 AM												
11:45 AM												
12:00 PM												
12:15 PM												
12:30 PM												
12:45 PM	C l o s e d	All Lanes Open 7:30-8:45										
1:00 PM												
1:15 PM												
1:30 PM												
1:45 PM												
2:00 PM												
2:15 PM												
2:30 PM												
2:45 PM	C l o s e d	Cardio-Water w/Dee 6:30-7:30										
3:00 PM												
3:15 PM												
3:30 PM												
3:45 PM												
4:00 PM												
4:15 PM												
4:30 PM												
4:45 PM	C l o s e d	Cardio-Water w/Dee 6:30-7:30										
5:00 PM												
5:15 PM												
5:30 PM												
5:45 PM												
6:00 PM												
6:15 PM												
6:30 PM												
6:45 PM	C l o s e d	All Lanes Open 7:30-8:45										
7:00 PM												
7:15 PM												
7:30 PM												
7:45 PM												
8:00 PM												
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!**

Schedule subject to change

Pool Deck Cleaning (Pool Open)
1-4pm FRIDAYS
pressure washer in use on pool deck

Pool Hours of Operations
Sun 9am-5:45 pm
Mon-Thurs 5am-8:45 pm
Fri 5am-3:45 pm
Sat CLOSED