

Aquatics Schedule

Main Pool

2007
December

	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							
7:00 AM							
7:15 AM							
7:30 AM	SUNDAY OPEN SWIM	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	
7:45 AM			Aqua-Zumba w/Velvet 8:40-9:40				Aqua-Tabata w/Velvet 8:40-9:40
8:00 AM		Synapse Surf w/Rita 9:00-10:00				Synapse Surf w/Rita 9:00-10:00	
8:15 AM							
8:30 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
8:45 AM							
9:00 AM		HOLIDAY HOURS Tuesday, December 24 - Christmas Eve: Closed All Day Wednesday, December 25 - Merry Christmas! Closed All Day Tuesday, December 31 - New Year's Eve: Close at 5pm Wednesday, January 1 - New Year's Day: Closed All Day					
9:15 AM							
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	Pool Deck Cleaning (Pool Open) 1-4pm FRIDAYS *pressure washer in use on pool deck*						
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	Asheville Trailblazers Swim Team 2:00-3:15			Asheville Trailblazers Swim Team 2:00-3:15			
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM	Christ School Swim Team 3:45-5:45 (3 lanes)	Christ School Swim Team 3:45-5:45 (3 lanes)	Christ School Swim Team 3:45-5:45 (3 lanes)	Christ School Swim Team 3:45-5:45 (3 lanes)	Closed		
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM	Closed	All Lanes Open 7:30-8:45					
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							
6:45 PM	Cardio-Water w/Dee 6:30-7:30			Cardio-Water w/Dee 6:30-7:30	Pool Hours of Operations Sun 9am-5:45 pm Mon-Thurs 5am-8:45 pm Fri 5am-3:45 pm Sat CLOSED		
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