

AQUATICS Main POOL SCHEDULE Pool

Main

A Ministry of	TFAI						_
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	1 1000
5:00 AM							
5:15 AM							
5:30 AM							
5:45 AM			Adult	Only All Lanes	Open		
6:00 AM							
6:15 AM				5:00-7:30			
6:30 AM							
6:45 AM	i Ciosed i						
7:00 AM							
7:15 AM							
7:30 AM		Doon Water		Doon Water	1	Doon Water	
7:45 AM		Deep Water		Deep Water		Deep Water	Please Note:
8:00 AM		Toning & Cardio		Toning & Cardio		Toning & Cardio	
8:15 AM		w/Marge		w/Marge		w/Marge	Adult Only Swim
8:30 AM		7:30-8:30		7:30-8:30		7:30-8:30	5am-11am M-F
8:45 AM		A 77 1		A			+
9:00 AM		Aqua-Zumba	Crus area Crust	Aqua-Tabata	Crus and a Crust		May operate on:
9:00 AM		w/Velvet	Synapse Surf	w/Velvet	Synapse Surf		*NO LIFEGUARD
		8:40-9:40	w/Rita	8:40-9:40	w/Rita		ON DUTY*
9:30 AM			9:00-10:00		9:00-10:00		ON DOTY.
9:45 AM							-Swim at Your Own Risk-
10:00 AM			Cardio-Water		Cardio-Water	Aqua-Zumba	*W A T C H YOUR
10:15 AM			w/Fern		w/Fern	w/Velvet	
10:30 AM			10:00-11:00		10:00-11:00	10:00-11:00	<u>CHILDREN*</u>
10:45 AM			10.00 11.00		10.00 11.00	10100 11100	ļ
11:00 AM							CLASSES HAVE
11:15 AM							PRIORITY USE
11:30 AM	A						OF POOL
11:45 AM							No children during classes
12:00 PM	V						No children during classes
12:15 PM							
12:30 PM							<u>Cardio Water</u>
12:45 PM							Strengthen your core and amp
1:00 PM	0						up your cardiovascular fitness
1:15 PM						Pool Deck	with this high energy yet <i>low</i>
1:30 PM	P					Cleaning	impact workout!
1:45 PM						(Pool Open)	,
2:00 PM	E	Asheville		Asheville			Deep Water Toning & Cardio
2:15 PM	N	Trailblazers		Trailblazers		1:00-3:45pm	Total body conditioning using
2:30 PM	17					FRIDAYS	
2:45 PM		Swim Team		Swim Team			noodles, boards, buoys & all
3:00 PM		2:00-3:15		2:00-3:15		*pressure washer	your muscles!
3:15 PM	S]	in use	
3:30 PM						on pool deck*	Synapse Surf
3:45 PM							Join the fun balancing on
4:00 PM		Christ School	Christ School	Christ School	Christ School		noodles, playing with balls and
4:15 PM							exercising your brain synapses
4:30 PM		Swim Team	Swim Team	Swim Team	Swim Team		as you have a great total body
4:45 PM	NV I	3:45-5:45	3:45-5:45	3:45-5:45	3:45-5:45		workout.
5:00 PM		- 3.43 3.43		3,13,31,13			workout.
5:15 PM						Closed	
5:30 PM		(3 lanes)	(3 lanes)	(3 lanes)	(3 lanes)	Ciosca	<u>Lap Swim</u>
5:45 PM			(0 fames)	(o lanco /			All five lanes are set aside for
6:00 PM							lap swim. Please see the Lap
6:00 PM							Swim Etiquette handout for
6:15 PIVI 6:30 PM			Cardia Water		Candia Water		how to share lanes. <i>Thank you</i>
			Cardio-Water		Cardio-Water		for sharing!
6:45 PM			w/Dee		w/Dee		joi silutilig:
7:00 PM			6:30-7:30		6:30-7:30	Pool Hou	rs of Operations
	Closed		0.30 7.30		0.50-7.50	Pool Hou	rs of Operations
7:30 PM						Sun	9am-5:45 pm
7:45 PM			Alllan	es Open			urs 5am-8:45 pm
8:00 PM				•			
8:15 PM			7:30	-8:45			5am-3:45 pm
8:30 PM						S	at CLOSED
8:45 PM							