



Spring Pool Schedule

Lap swim, open swim, swim lessons, and water aerobics

Pool Hours: 5:00 am—8:45 pm M-Friday, 7:00am — 8:45 pm Saturday, 7:00 am—7:45 pm Sunday

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	Lap Swim Adult Only	Lap Swim Adult Only	Lap Swim Adult Only	Lap Swim Adult Only	Lap Swim Adult Only	Closed	Closed
7:00						Lap Swim Adult Only	Lap Swim Adult Only
9:00	Adult/Master Swim		Adult/Master Swim		Adult/Master Swim		Open Swim
9:30						Water Aerobics	
10:15– 11:15		H2O Cardio and Core Lizzy	Aqua Fit with Music Jen W.	H2O Cardio and Core Lizzy			
11:00		Pool Open Parent/Child Class				Pool Open Parent/Child Class	
11:15							
11:30		Open Swim					
12:00	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim		
1:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
1:30- 3:00	Open Swim Lap Swim Swim Team		Swim Team				
3:00	Swim Lessons						
3:30					Swim Lessons Pool Open		
4:00	Pool Open Swim Lessons	Pool Open Swim Lessons		Swim Lessons Pool Open			
4:30							
5:00	Swim Team Pool Closed		Swim Team Pool Closed				
5:15		Aqua Fit Tammy		Aqua Kick Tammy			
6:00		Adult Only Lap Swim		Adult Only Lap Swim	Adult Only Lap Swim		
7:00		Open Swim		Open Swim Lap Swim Swim Team	Open Swim		
8:00	Adult Only Lap Swim		Adult Only Lap Swim				
8:30							
8:45							

The pool is in use during the above designated times and private swim lessons may be taught at various times. Adult Lap Swim, and the Lap Lane is for adults 18+ only and Swim Team is for participants only. All other times are family friendly.

Swim Class Descriptions

Aqua Fit- Capitalizing on water resistance, this is a low impact, total body tone, that includes cardio and core strength as well as improved balance.

Aqua Kick- A fun-filled cardio workout in the water that includes kickboxing moves and rhythm.

H2O Cardio and Core– Cardio, core and total body toning with low impact to your joints. All levels welcome.

Master's Swim– For adults who are interested in improving their stroke, and swimming for fun, fitness and possibly competition (not required).

Swim Team– All participants must be able to swim 50 yds of freestyle and backstroke. Older students should have some familiarity with breaststroke and butterfly.

Contact Mary: swimteam@ashevilleracquetclub.com

Swim Lessons– Taught by American Red Cross instructors. 6 mos through adult.

Contact Donna: dcannone@ashevilleracquetclub.com