

# Pool Schedule

## Duke Center for Living at Fearington

P: (919) 545-2133  
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www.dukefitnessfearington.com

Monday 6am-7:45pm	Tuesday 6am-7:45pm	Wednesday 6am-7:45pm	Thursday 6am-7:45pm	Friday 6am-6:45pm	Saturday 8am-3:45pm	Sunday 9am-4:45pm
					<div style="border: 2px solid #0070C0; border-radius: 50%; padding: 20px; text-align: center;"> <p>See reverse side for pool guidelines and class descriptions.</p> </div>	
<b>Aqua Basics</b> 8:00 - 8:45am		<b>Aqua Basics</b> 8:00 - 8:45am		<b>Aqua Basics</b> 8:00 - 8:45am		
<b>Aqua Fit</b> 8:50 - 9:35am	<b>Aqua Strength</b> 9:30-10:15am	<b>Aqua Fit</b> 8:50 - 9:35am	<b>Aqua Strength</b> 9:30-10:15am	<b>Aqua Fit</b> 8:50 - 9:35am		
<b>Aqua Challenge</b> 9:40 - 10:40am	<b>Aqua Remedies</b> 10:30 - 11:15am	<b>Aqua Challenge</b> 9:40 - 10:40am	<b>Aqua Remedies</b> 10:30 - 11:15am	<b>Aqua Challenge</b> 9:40 - 10:40am		
	<b>Waves</b> 6:00 – 6:45pm		<b>Aqua Intervals</b> 6:00 – 6:45pm			

**SCHEDULE KEY**

- Class – Possible Lane Availability\*
- Class – 1-2 lanes available
- No Class – Open Lanes

\*Availability during classes will vary depending on class size and structure and is at the instructor's discretion. Swimmers are encouraged to come at times when classes are not in session.

**Revised 8/1/2019**

## Pool Guidelines

- ◆ Our saltwater swimming pool is available to members and guests for lap swimming, group exercise classes, water walking, physical therapy and independent exercise.
  - ◇ The pool is 25 yards in length and 3.5 feet deep with 4 swimming lanes.
  - ◇ 36 laps or 72 lengths equal one mile.
  - ◇ We strive to maintain the following:
    - Pool Temp: 83°-85°
    - Spa Temp: 102°-104°
- ◆ **The pool area closes 15 minutes prior to the facility closing to allow time for showering and changing.**
- ◆ Health standards require showering before using the pool or spa. This helps us maintain good sanitation and water clarity.
- ◆ The pool is maintained daily by a certified pool operator and is regulated by the Chatham County Health Department. It is sanitized by means of a saltwater filtration system.
- ◆ Lane sharing is encouraged during busy pool times. Please limit workouts to 30 minutes when others are waiting.
- ◆ When possible, walkers should use the lane closest to the steps, reserving lap lanes for the swimmers.
- ◆ There is a variety of pool equipment available for member use. Please return pool equipment to its designated space after use.
- ◆ A chair lift is available for individuals needing assistance accessing the pool and hot tub. Please read guidelines posted on the chair lifts before use.
- ◆ For safety guidelines, please refer to the pool and spa rules posted in the pool area and included in your member handbook.

## Aqua Class Descriptions

**Aqua Basics:** Light to moderate cardiovascular exercise, followed by toning and stretching.

**Aqua Challenge:** Designed for the veteran aquatic exerciser, this demanding class uses water gear to give your muscles and lungs a tough workout.

**Aqua Fit:** An intermediate level cardiovascular class for members wishing to burn fat and tone muscles using the power of liquid resistance.

**Aqua Intervals:** Interval training without the impact! Cardiovascular fitness and total body strength will be challenged and improved by working in bursts of high intensity work followed by a recovery period.

**Aqua Remedies:** Improve joint range of motion & flexibility, muscular strength, and balance while getting the therapeutic benefits of working in the water.

**Aqua Strength:** Focus on muscular strength and endurance in all major muscle groups using water resistance and equipment. All fitness levels are welcome.

**Waves:** A fun total body workout using a variety of movements for cardiovascular, strength and flexibility training. Modified for all fitness levels.

### REMINDERS:

- ◆ *Please arrive 5 minutes prior to class start time.*
- ◆ *Classes are subject to change based on low attendance, instructor availability and facility needs.*