

# POOL SCHEDULE



Updates:  
12/1/2021

See our current lane reservation times and aqua class options below. Registration details are on the back.

Monday 6:00am - 6:45pm	Tuesday 6:00am - 6:45pm	Wednesday 6:00am - 6:45pm	Thursday 6:00am - 6:45pm	Friday 6:00am - 6:45pm	Saturday 8:00am - 3:45pm
6:10-6:40	6:10-6:40	6:10-6:40	6:10-6:40	6:10-6:40	
6:45-7:15	6:45-7:15	6:45-7:15	6:45-7:15	6:45-7:15	
7:20-7:50	7:20-7:50	7:20-7:50	7:20-7:50	7:20-7:50	
7:55-8:25	7:55-8:25	7:55-8:25	7:55-8:25	7:55-8:25	
8:30-9:00	8:30-9:00	8:30-9:00	8:30-9:00	8:30-9:00	
Aqua Fit 9:05 - 9:50am	9:05-9:35	Aqua Fit 9:05 - 9:50am	9:05-9:35	9:05-9:35	9:05-9:35
Aqua Challenge 10:00 - 10:45am	9:40-10:10	Aqua Challenge 10:00 - 10:45am	9:40-10:10	Aqua Challenge 10:00 - 10:45am	9:40-10:10
	Aqua Remedies 10:30 - 11:15am		Aqua Remedies 10:30 - 11:15am	10:15-10:45	
10:50-11:20		10:50-11:20	10:50-11:20	10:50-11:20	10:50-11:20
11:25-11:55	11:25-11:55	11:25-11:55	11:25-11:55	11:25-11:55	11:25-11:55
12:00-12:30	12:00-12:30	12:00-12:30	12:00-12:30	12:00-12:30	12:00-12:30
12:35-1:05	12:35-1:05	12:35-1:05	12:35-1:05	12:35-1:05	12:35-1:05
1:10-1:40	1:10-1:40	1:10-1:40	1:10-1:40	1:10-1:40	1:10-1:40
1:45-2:15	1:45-2:15	1:45-2:15	1:45-2:15	1:45-2:15	1:45-2:15
2:20-2:50	2:20-2:50	2:20-2:50	2:20-2:50	2:20-2:50	2:20-2:50
2:55-3:25	2:55-3:25	2:55-3:25	2:55-3:25	2:55-3:25	2:55-3:45
3:30-4:00	3:30-4:00	3:30-4:00	3:30-4:00	3:30-4:00	Some lanes may be unavailable due to physical therapy or swim lessons.
4:05-4:35	4:05-4:35	4:05-4:35	4:05-4:35	4:05-4:35	
4:40-5:10	4:40-5:10	4:40-5:10	4:40-5:10	4:40-5:10	
5:15-5:45	5:15-5:45	5:15-5:45	5:15-5:45	5:15-5:45	
5:50-6:45	5:50-6:45	5:50-6:45	5:50-6:45	5:50-6:45	

## Pool Lanes 1 - 3 and Aqua Classes require registration Pool Lanes 4 - 5 are open for drop-in swim

- Registration is available 7 days in advance, beginning at 9:00pm through the Online Member Portal or Member Services.
- **Members and guests are limited to one pool reservation per day.**

### POOL INFORMATION:

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 temperatures:
  - Pool: 83°-85°
  - Spa: 102°-104°
- **The pool area closes 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.
- 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.

### CLASS DESCRIPTIONS:

- Aqua Remedies: This therapeutic class focuses on improving joint range of motion, flexibility, strength, and balance. Great for those with joint limitations and balance concerns.

*The following classes include cardiovascular exercises and total body strengthening using the pool equipment:*

- Aqua Fit: Intermediate class suitable for most levels
- Aqua Challenge: High intensity class with more complex movement patterns

### DROP-IN SWIM:

- **Drop-in swim is unavailable during aqua classes.**
- Do not enter the lane while someone is still in it. Lane sharing is permitted only with members of the same household.
- As a courtesy, limit your swim time to 30 minutes if others are waiting to swim.

**Please cancel reservations a minimum of 24 hours in advance by calling Member Services at 919-545-2133.**