

POOL SCHEDULE



Updates
4/1/2022

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	10:30 - 11:15am	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 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.
- 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.**
- Lane sharing is permitted. Up to two people may use each lane. Pool users must ask for permission to share prior to entering the lane.
- 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.