

POOL SCHEDULE



Updated
11.1.2023

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

Sunday 8:00 am - 3:45 pm	Monday 6:00 am - 6:45 pm	Tuesday 6:00 am - 6:45 pm	Wednesday 6:00 am - 6:45 pm	Thursday 6:00 am - 6:45 pm	Friday 6:00 am - 6:45 pm	Saturday 8:00 am - 3:45 pm
	6:00-6:30	6:00-6:30	6:00-6:30	6:00-6:30	6:00-6:30	
	6:30-7:00	6:30-7:00	6:30-7:00	6:30-7:00	6:30-7:00	
	7:00-7:30	7:00-7:30	7:00-7:30	7:00-7:30	7:00-7:30	
	7:30-8:00	7:30-8:00	7:30-8:00	7:30-8:00	7:30-8:00	
8:00-8:30	8:00-8:30	8:00-8:30	8:00-8:30	8:00-8:30	8:00-8:30	8:00-8:30
8:30-9:00	8:30-9:00	8:30-9:00	8:30-9:00	8:30-9:00	8:30-9:00	8:30-9:00
9:00-9:30	Aqua Fit	9:00-9:30	Aqua Fit	9:00-9:30	Aqua Challenge	9:00-9:30
9:30-10:00	9:05-9:50	9:30-10:00	9:05-9:50	9:30-10:00	9:05-9:50	9:30-10:00
10:00-10:30	Aqua Challenge	10:00-10:30	Aqua Challenge	10:00-10:30	Aqua Challenge	10:00-10:30
10:30-11:00	10:05-10:50	Aqua Remedies	10:05-10:50	Aqua Remedies	10:05-10:50	10:30-11:00
11:00-11:30	11:00-11:30	10:35-11:20	11:00-11:30	10:35-11:20	11:00-11:30	11:00-11:30
11:30-12:00	11:30-12:00	11:30-12:00	11:30-12:00	11:30-12:00	11:30-12:00	11:30-12:00
12:00-12:30	12:00-12:30	12:00-12:30	12:00-12:30	12:00-12:30	12:00-12:30	12:00-12:30
12:30-1:00	12:30-1:00	12:30-1:00	12:30-1:00	12:30-1:00	12:30-1:00	12:30-1:00
1:00-1:30	1:00-1:30	1:00-1:30	1:00-1:30	1:00-1:30	1:00-1:30	1:00-1:30
1:30-2:00	1:30-2:00	1:30-2:00	1:30-2:00	1:30-2:00	1:30-2:00	1:30-2:00
2:00-2:30	2:00-2:30	2:00-2:30	2:00-2:30	2:00-2:30	2:00-2:30	2:00-2:30
2:30-3:00	2:30-3:00	2:30-3:00	2:30-3:00	2:30-3:00	2:30-3:00	2:30-3:00
3:00-3:45	3:00-3:30	3:00-3:30	3:00-3:30	3:00-3:30	3:00-3:30	3:00-3:45
	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.
	4:00-4:30	4:00-4:30	4:00-4:30	4:00-4:30	4:00-4:30	
	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00	
	5:00-5:30	5:00-5:30	5:00-5:30	5:00-5:30	5:00-5:30	
	5:30-6:00	Aqua Zumba	5:30-6:00	Aqua Challenge	5:30-6:00	
	6:00-6:45	5:35-6:20	6:00-6:45	5:35-6:20	6:00-6:45	

Lanes 1 - 3 and are open for drop-in swim. Lanes 4 - 5 are reservation only.

- All reservations are 30-minutes in duration. Registration opens 7 days in advance starting at 8PM through the Online Member Portal or Member Services.
- Members are limited to one pool reservation per day.
- Please cancel reservations a minimum of 1 hour in advance through the Online Member Portal or by calling 919-545-2133.
- There is a **\$5.00** no-show fee for pool lane reservations and cancellations within 1-hour of the reservation.

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 pool at 83°-84° and spa at 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.

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:

- Aqua Fit: Intermediate class suitable for most levels
- Aqua Challenge: High intensity class with more complex movement patterns
- Aqua Zumba: Blend the Zumba philosophy with water resistance for one pool party you won't want to miss!

DROP-IN SWIM:

- **Drop-in lanes are limited to 45-minutes.**
- All members utilizing drop-in lanes should refer to the whiteboard for sign-in and lane sharing instructions.
- These lanes are unavailable during aqua classes