

POOL SCHEDULE



Updated
3.1.2024

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 - 7:45 pm	Tuesday 6:00 am - 7:45 pm	Wednesday 6:00 am - 7:45 pm	Thursday 6:00 am - 7:45 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	H2O Fit	9:00-9:30	H2O Fit	9:00-9:30	H2O Fit	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	H2O Fit	10:00-10:30	H2O Fit	10:00-10:30	H2O Fit	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	
	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	H2O Fit	5:30-6:00	
	6:00-6:30	5:35-6:20	6:00-6:30	5:35-6:20	6:00-6:45	
	All lanes drop-in 6:30-7:45	All lanes drop-in 6:30-7:45	All lanes drop-in 6:30-7:45	All lanes drop-in 6:30-7:45		

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°-85° 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.
- H2O Fit: A cardiovascular pool workout for all fitness levels.
- 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.
- Those that have used their 45-minute time limited must vacate the pool. If you wish to continue swimming, you may place your name at the bottom of the waiting list.
- These lanes are unavailable during aqua classes