

September Pool Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am to 8:45am	Lap Swimming 8am-8:45am 5 lanes available by reservation	Lap Swimming 8am-8:45am 5 lanes available by reservation	Lap Swimming 8am-8:45am 5 lanes available by reservation	Lap Swimming 8am-8:45am 5 lanes available by reservation	Lap Swimming 8am-8:45am 5 lanes available by reservation	Lap Swimming 8am-8:45am 5 lanes available by reservation	
9am to 9:45am	Aqua Arthritis Energizer Instructor: Jan 9am-9:45am Max: 15 Participants	Lap Swimming 9am-9:45am 5 lanes available by reservation	Aqua Power Instructor: Jody 9am-9:45am Max: 15 Participants	Lap Swimming 9am-9:45am 5 lanes available by reservation	Shallow Water Work Instructor: Shelley 9am-9:45am Max: 15 Participants	Lap Swimming 9am-9:45am 5 lanes available by reservation	
10am to 10:45am	Aqua Power Shallow Instructor: Jody 10-10:45am Max: 15 Participants	Lap Swimming 10am-10:45am 5 lanes available by reservation	Aqua Power Shallow Instructor: Rose 10-10:45am Max: 15 Participants	Aqua Yoga Instructor: Leslie 10-10:45am Max: 15 Participants	Aqua Power Shallow Instructor: Shelley 10-10:45am Max: 15 Participants	Lap Swimming 10am-10:45am 5 lanes available by reservation	
11am to 11:45am	Lap Swimming 11am-11:45am 5 lanes available by reservation	Lap Swimming 11am-11:45am 5 lanes available by reservation	Lap Swimming 11am-11:45am 5 lanes available by reservation	Lap Swimming 11am-11:45am 5 lanes available by reservation	Lap Swimming 11am-11:45am 5 lanes available by reservation	Lap Swimming 11am-11:45am 5 lanes available by reservation	
12pm to 12:45pm	Lap Swim / Free Swim / Open Swim / Family Swim / Water Walking / Water Jogging / Etc. <ul style="list-style-type: none"> All non-class swimming is done by reservation. This is a member only service. There is no swimming reservation available for non-members. Members can make a reservation online or by calling the front desk at 704-525-5770. All types of swimming is welcome (Lap Swim, Free Swim, Family Swim, Water jogging, etc.). Lanes may accommodate one (1) household per lane (Limit of 5 per lane) Swimming will be limited 45-minute time blocks at the beginning of the hour. 5 lanes will be available to reserve online. You can make it up to 5 days in advance. Each day's reservation window will close at 11:59pm prior to that day (for example all reservations for a Tuesday swim will close at 11:59pm on Monday evening) Continuous failure to show up for a pre-booked reservation may revoke a member's ability to reserve a lane in the future as we would like to ensure the service is fair to everyone. Complimentary use of pool floats (pull-buoys, kickboards, jogging belts, etc.) and shared exercise equipment have been temporarily removed from service. Sharing of equipment will be prohibited. All swimmers should bring their own personal equipment to use (kick board, pool buoy's, fins, goggles, noodles, etc.) All lost and found items will be disposed of at the end of the day. 						
1pm to 1:45pm							Lap Swimming 1pm-1:45pm 5 lanes available by reservation
2pm to 2:45pm							Lap Swimming 2pm-2:45pm 5 lanes available by reservation
3pm to 3:45pm	Water Aerobics Water Aerobics will be first come; first served. All classes will be limited to 15 participants.						Lap Swimming 3pm-3:45pm 5 lanes available by reservation
4pm to 4:45pm	Lap Swimming 4pm-4:45pm 5 lanes available by reservation	Lap Swimming 4pm-4:45pm 5 lanes available by reservation	Lap Swimming 4pm-4:45pm 5 lanes available by reservation	Lap Swimming 4pm-4:45pm 5 lanes available by reservation	Lap Swimming 4pm-4:45pm 5 lanes available by reservation		Lap Swimming 4pm-4:45pm 5 lanes available by reservation
5pm to 5:45pm	Lap Swimming 5pm-5:45pm 5 lanes available by reservation	Lap Swimming 5pm-5:45pm 5 lanes available by reservation	Lap Swimming 5pm-5:45pm 5 lanes available by reservation	Lap Swimming 5pm-5:45pm 5 lanes available by reservation	Lap Swimming 5pm-5:45pm 5 lanes available by reservation		
6pm to 6:45pm	Lap Swimming 6pm-6:45pm 5 lanes available by reservation	Lap Swimming 6pm-6:45pm 5 lanes available by reservation	Lap Swimming 6pm-6:45pm 5 lanes available by reservation	Lap Swimming 6pm-6:45pm 5 lanes available by reservation	Lap Swimming 6pm-6:45pm 5 lanes available by reservation		

Class Descriptions

Aqua Arthritis Energizer

Gain strength and flexibility with gentle activities in the water with guidance from an Arthritis Foundation certified instructor.

Aqua Power

Get a full body workout with a variety of cardio and strength training exercises in the shallow and deep ends of the pool.

Shallow Water Work

Same as deep water work. However, for those that aren't comfortable in deep water this is the class for you.

Aqua Yoga

Basic yoga stretches and postures using the light gravity of water to help cushion the joints.