



Aquatics Schedule

232 Boone Heights Drive
Boone, NC 28607
828-266-1060

| Therapy Pool | | | | | | | |
|--------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------|----------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 8:00 | Physical Therapy | Rec Hour | Physical Therapy | Physical Therapy | Rec Hour | | |
| 9:00 | | Physical Therapy | | | Physical Therapy | | |
| 10:00 | | Physical Therapy | | | Physical Therapy | | |
| 11:00 | Arthritis Aquatics | Arthritis Aquatics | Arthritis Aquatics | Arthritis Aquatics | Arthritis Aquatics | | |
| 12:00 | Rehab Hour | Rehab Hour | Rehab Hour | Rehab Hour | Rehab Hour | | |
| 1:00 | Physical Therapy | Arthritis Aquatics | Physical Therapy | Arthritis Aquatics | Physical Therapy | | |
| 2:00 | | | | | | | |
| 3:00 | Arthritis Aquatics | Physical Therapy | Arthritis Aquatics | Physical Therapy | Arthritis Aquatics | | |
| 4:00 | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | | |
| 5:00 | | | | | | | |
| 6:00 | | | | | | Rec Hour | Rec Hour |

| Lap Pool | | | | | | | | | | | | | | |
|----------|---|--------------------------------|-----------------------------------|----------------------------|---------------|----------|----------|------------------------------------|------------------------------------|------------------------------|-----------------------------|-----------------------|--------------------------|-----------|
| 5:30 | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | | | | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 7:30 | | | | | | | | Open at 8 | | | | | | |
| 8:30 | | | | | | | | Lap Swim | | | | | | |
| 9:30 | | | | | | | | Lap Swim H2O Fitness 9:15-10:00 | Lap Swim H2O Fitness 9:15-10:00 | | | | | |
| 10:30 | | | | | | | | Lap Swim Low Impact 10:00-11:00 | Lap Swim Low Impact 10:00-11:00 | Water Fitness 10:30-11:30 | | | | |
| 11:30 | | | | | | | | Lap Swim | Lap Swim | Lap Swim | | | | |
| 12:30 | | | | | | | | Lap Swim | Lap Swim | Lap Swim | | | | |
| 1:30 | | | | | | | | Family Swim (12:00-5:30) | Family Swim (12:00-5:30) | Family Swim (12:00-5:30) | Family Swim (12:00-5:30) | Family Swim (12-7) | Family Swim (12-3:30) | Open at 1 |
| 2:30 | | | | | | | | | | | | | Family Swim (12-3:30) | Lap Swim |
| 3:30 | Close at 3:30 | Family Swim (1-4:30) | | | | | | | | | | | | |
| 4:30 | 2-3 lanes will always be available for lap swim during family swim time | | | | Close at 4:30 | | | | | | | | | |
| 5:30 | Lap Swim H2O Fitness 5:30-6:15 | Lap Swim Prenatal 5:30-6:30 | Lap Swim H2O Fitness 5:30-6:15 | Lap Swim Prenatal Class | | | | | | | | | | |
| 6:30 | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | | | | | | | |
| 7:30 | | | | | | | | Close at 7 | | | | | | |