



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							
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	

Lap Pool											
5:30	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		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
1:30										Close at 3:30	Lap Swim
2:30											Family Swim (1-4:30)
3:30											
4:30	2-3 lanes will always be available for lap swim during family swim time										
5:30	Lap Swim H2O Fitness 5:30-6:15	Lap Swim	Lap Swim H2O Fitness 5:30-6:15	Lap Swim		Close at 4:30					
6:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Close at 7						
7:30											