



Aquatics Schedule

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

Therapy Pool							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Rec Hour	Physical Therapy	Rec Hour	Physical Therapy	Physical Therapy		
9:00	Physical Therapy		Physical Therapy				
10:00			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							
6:30												
7:30												
8:30		Lap Swim H2O Fitness 9:15-10:00		Lap Swim Low Impact 10:00-11:00				Lap Swim Low Impact 10:00-11:00	Open at 8			
9:30												
10:30		Lap Swim Low Impact 10:00-11:00		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	Lap Swim			
12:30		Family Swim (12:00-5:30)		Family Swim (12:00-5:30)				Family Swim (12:00-5:30)	Family Swim (12:00-5:30)	Family Swim (12-7)		
1:30												
2:30												
3:30												
4:30	2-3 lanes will always be available for lap swim during family swim time					Open at 1						
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-Free Swim	Lap Swim Prenatal-Free Swim							
6:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim								
7:30					Close at 3:30			Lap Swim Family Swim (1-4:30)	Close at 4:30			
					Close at 7							