

## Pool Rules

- Lap pool is open to all members age 14 and over. Children ages 9 - 10 must be accompanied by a parent at times while in the building. Children ages 11 - 13 may use the pool as long as a parent is with them at all times. The parent may watch from the side of the pool.
- All members must shower before entering the pool.
- All participants must dress appropriately for the aquatics area. Street clothes may not be worn in the pool, for sanitary reasons. Also, no cut-off shorts are allowed in the pool.
- If the lifeguard feels that an individual is dressed inappropriately, they have the right to ask that member to leave the facility.
- Individuals may wear sandals or flip-flops to the pool area; however, no street shoes are allowed beyond the locker room.
- Upon exiting the pool, the member must put on their street clothes before leaving the locker room. If a parent must address an issue in childcare, they must put on dry clothes and shoes first.
- All gym bags should remain locked in the locker room.
- Lap swim etiquette: If the pool is crowded, individuals should share a lane with another swimmer of comparable speed. The swimmers may decide to split the lane or circle swim if only 2 swimmers are in the lane. If more than 2 swimmers must share a lane, please circle swim, which means when looking at the lane you swim down on the right side of the lane, and back on the left side. The lifeguard reserves the right to ask swimmers to share lanes if necessary.
- No glass bottles or food are allowed in the pool area. Plastic water bottles may be placed at the end of the lane.



### Paul H. Broyhill Wellness Center

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### Contact Us

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# Aquatics

at Paul H. Broyhill  
Wellness Center



**Paul H. Broyhill  
Wellness Center**



# Water Fitness Classes

We offer a variety of water fitness classes, the pool schedule can be found on the back of this brochure. Below are class descriptions.

## H2O Fitness:

Basic water aerobics classes, designed to support a whole body exercise program, all levels welcome. This class is offered on Monday and Wednesday from 10:15-11:00 am, Tuesdays and Thursdays from 9:15-10:00 am and Saturdays from 10:30 -11:30 am.

## Arthritis Aquatic Program:

These classes are offered for participants who are looking for a warm water recreational exercise class that would benefit from aerobic conditioning, whole body strengthening, balance exercises and range of motion activities. This class is offered in the therapy pool with a monthly fee for members and non-members. Registration is required, please see front desk for details.

## Low Impact Aqua Aerobics:

This class is offered on Tues. and Thurs. from 10:15-11:00 am in the lap pool. It is offered for people with challenged joints and goals to increase their fitness levels. This is a whole body program with deep water options, strengthening and whole body range of motion moves.

## Prenatal Aqua Aerobics

This class is offered in the lap pool on Tuesdays and Thursdays from 5:30-6:30 pm for registered participants in the Prenatal exercise program. Please see front desk for details. Physician referral required.

## Aquatic Personal Training:

This is a training program that is available to all members who are looking for a personalized aquatic exercise program to meet and achieve their fitness goals. Please inquire at the front desk.

## Swim Clinics:

Swim stroke clinics are group classes that provide technique coaching for members in one hour sessions. These dates will be posted on flyers at the front desk.

## Pool Birthday Parties:

Children's swim birthday parties can be scheduled for a one hour block in our warm water therapy pool or the lap pool, with an additional hour in our classroom for birthday party activities. The cost for members is \$60 and \$70 for non-members. Please see the front desk for registration information.



# Pool Hours

**Monday- Thursday:** 5:30 a.m. - 7:30 p.m.

**Friday:** 5:30 a.m. - 7:00 p.m.

**Saturdays:** 9:00 a.m. - 3:30 p.m.

**Sundays:** 1:00 p.m. - 4:30 p.m.

The pool is **always open for lap swim**. During water aerobics classes and Private Swim Lessons the lanes will be limited based on the number of participants in class.

# Swim Lessons

Private lessons are offered to children and adults. Private Lessons are offered year round and are scheduled based on the swimmer's schedule and the guard/instructor schedule. The cost for private lessons are \$15 per lesson for members and nonmembers are \$18 per lesson. Semi-private lessons are \$9 for members and \$12 for non-members.



# Family Swim Rules & Hours

- Family swim children need to stay in the open area of the pool.
- No blow-up flotation devices.
- Children may jump feet first into water that is deeper than their height.
- No twists or flips.
- Noodles are permitted.
- Children may not use adult exercise equipment.
- No throwing of children, running on deck or horseplay.
- Swimmers may be required to pass a swim test prior to deep water swimming.
- Lifeguards' duties are to create a safe and fun swimming environment. They are required to enforce safety rules.

**Monday, Wednesday & Friday:** 12:00 - 6:00 pm

**Tuesday & Thursday:** 12:00 - 5:30 pm

**Saturday:** 12:00 - 3:30 pm

**Sunday:** 1:00 - 4:30 pm

Members can bring their children (any age) during this time to swim in the lap pool at no charge. You may bring your children's friends for \$3 per child up to age 14. Children older than 14 must pay the regular guest fee of \$8.