



# May

## POOL SCHEDULE

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

6:00AM-8:15AM

6:00AM-7:00AM

6:00AM-8:15AM

6:00AM-10:45AM

6:00AM-8:15AM

7:30AM-4:00PM

OPEN SWIM

OPEN SWIM

OPEN SWIM

OPEN SWIM

OPEN SWIM

OPEN SWIM

**During AQUA FIT & WATER BLAST classes. ONE LAP LANE WILL BE AVAILABLE FOR LAP SWIMMING.**

8:30-9:15AM

7:00-8:00AM

8:30-9:15AM

8:30AM-12:00PM

8:30-9:15AM

AQUA FIT

SILVER FINS  
(Lanes #1&2)

AQUA FIT

SWIM  
LESSONS

AQUA FIT

-Rotation

-Rotation

-Laura

9:30-10:15AM

8:30AM-12:00PM

9:30-10:15AM

8:30AM-12:00PM

9:30-10:15AM

Water Blast!

SWIM  
LESSONS

Water Blast!

SWIM  
LESSONS

Water Blast!

-Ann

-Rotation

-Laura

10:30-11:15AM

10:00-10:30

10:30-11:15AM

DEEP WATER

Little  
Hatchlings

DEEP WATER

-Ann

-Nancy

11:00-11:45AM

11:00-11:45AM

11:15AM-7:00PM

Fluid Motion

OPEN SWIM

Fluid Motion

OPEN SWIM

-Lynn

11:15AM-3:15PM

1:30PM-3:30PM

1:30PM-3:30PM

1:30PM-3:30PM

Birthday Party  
Reservations

Birthday Party  
Reservations

OPEN SWIM

Therapy Patients  
(Occupies 1  
lane)

Therapy Patients  
(Occupies 1 lane)

Therapy Patients  
(Occupies 1  
lane)

7:00PM-8:00PM

4:00PM-5:00PM

3:15PM-6:00PM

SWIM  
LESSONS

6:00PM-8:00PM

5:45-6:30PM

5:45-6:30PM

5:45-6:30PM

Open Swim

SPLASH

Tiny Turtles

SPLASH

-Lisa

-Nancy

- Elisabeth

6:30PM-8:00PM

Open Swim

6:30PM-8:00PM

Open Swim

6:30PM-8:00PM

Open Swim



**HAYWOOD**  
REGIONAL HEALTH & FITNESS CENTER

## **CLASS DESCRIPTIONS BY FITNESS LEVEL**

**WATER BLAST!:** Use water's natural resistance to improve cardiovascular fitness & muscle tone. Join this Intervals style class that will challenge you for 45 minutes!

**AQUA FIT:** A muscle conditioning water class alternated with low to moderate aerobic training. Feel the music, sing along and have lots of fun! 45 minutes of great energy!

**INTO THE DEEP:** A challenging workout in the deep part of the lap pool, combining cardio and resistance training. Methods of interval training, TABATA and more are used to create fun and effective workouts! Sweat and get a great workout!

**SPLASH:** Develop cardiovascular endurance while having fun! Modifications make this a perfect class for any fitness level. Great combination!

**FLUID MOTION:** Take a plunge and try this low impact workout that builds muscle strength and boosts your endurance. It's fun, and it can be as challenging as you like.

**\*During regular Aqua Aerobics Classes, only 1 or 2 lanes will be available for swim laps.**

**\*Lanes availability: First come, first served.**