


Aquatics Center Schedule

Effective May 1, 2012

POOL	MON	TUE	WED	THU	FRI	SAT	SUN
5:00am	3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim	Closed	Closed
7:00am						3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim
8:30am	Aqua Fitness	 Silver Splash	Aqua Fitness	Aqua Fitness	Aqua Fitness	3 Lap Lanes 1 Open Swim 1 Swim Lessons	
9:30am	Aqua Fitness		Aqua Fitness	Aqua Fitness	Aqua Fitness		
10:30am	3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim
11:30am							
1:00pm							
3:00pm	3 Lap Lanes 1 Open Swim 1 Swim Lessons	3 Lap Lanes 1 Open Swim 1 Swim Lessons	3 Lap Lanes 1 Open Swim 1 Swim Lessons	3 Lap Lanes 1 Open Swim 1 Swim Lessons	3 Lap Lanes 1 Open Swim 1 Swim Lessons	2 Lap Lanes 1 Open Swim 2 Family Swim	2 Lap Lanes 1 Open Swim 2 Family Swim
4:00pm	Aqua Fitness	3 Lap Lanes 1 Open Swim 1 Swim Lessons	Aqua Fitness	3 Lap Lanes 1 Open Swim 1 Swim Lessons	3 Lap Lanes 1 Open Swim 1 Swim Lessons	3 Lap Lanes 2 Open Swim	Aqua Fitness
5:30pm							
6:30pm	3 Lap Lanes 2 Family Swim	Aqua Fitness	3 Lap Lanes 2 Family Swim	Aqua Fitness	3 Lap Lanes 1 Open Swim 1 Swim Lessons	Closes at 6:45pm	Closes at 6:45pm
7:30pm	3 Lap Lanes 1 Open Swim 1 Program	3 Lap Lanes 2 Open Swim	3 Lap Lanes 1 Open Swim 1 Program	3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim	Closed	Closed
8:30pm-9:45pm	3 Lap Lanes 2 Open Swim	3 Lap Lanes 2 Open Swim					

Aquatics Center Schedule

Aquatics Schedule Descriptions

Aqua Fitness – An energizing, low impact water fitness class that combines both strength training and cardiovascular conditioning exercises that will challenge your muscles and increase your strength.

Aquatic Personal Training – Personal training can be held in the aquatics area. To obtain more information, contact Desiree Susini, Director of Personal Coaching and Fitness, dsusini@healthtrax.net.

Family Swim – Two lanes are reserved for open swimming. Children under 14 must be supervised by an adult and may not use the whirlpool, sauna, steam room, or therapy pool. Children must wear a swim diaper if they are not toilet trained.

Lap Swim – Designated number of lanes are open for lap swimming only. Please share lanes when necessary. First come first serve.

Open Swim – Lanes are designated and available for lap swimming, water walking, and similar aquatic exercises. First come first serve and please share lanes when possible.

Silver Splash – Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Swim Lessons – Individual and group classes for adults and children are held at various times of the day. One lane maximum is used at anytime.

- Swim Lessons Raleigh: 919-676-0271, 919-609-0730, swimlessonsraleigh.com

Therapy Pool – Only for use by Sports & More Physical Therapy, please contact 919-845-6160 for more information about physical therapy including aquatic.

8300 Health Park • Raleigh, NC 27615 • 919.847.2393

Center Hours: Weekdays 5:00am – 10:00pm / Weekends 7:00am – 7:00pm

Pool Hours: Weekdays 5:00am – 9:45pm / Weekends 7:00am – 6:45pm

Youth Activity Center Hours: Monday-Saturday 8:15am – 1:00pm

Monday-Thursday 4:30 – 8:00pm

Sunday 1:00pm – 5:00pm