



2022 Pool Schedule (Warm Water Pool and Lap Pool) Alleghany Wellness Center



RESERVATIONS ARE REQUIRED FOR OPEN SWIM TIMES – PLEASE CALL AHEAD TO RESERVE A LANE & TIME – 336-372-2944

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am – 7am Open Swim	6am – 7am Open Swim	6am – 7am Open Swim	6am – 7am Open Swim	6am – 7am Open Swim	AWCI CLOSED
7am – Deep Water Cardio 8am – Deep Water Cardio	8am – Total Body Water Class	7am – Deep Water Cardio 8am – Deep Water Cardio	8am – Total Body Water Class	7am – Deep Water Cardio 8am – Deep Water Cardio	Swim Lessons Open / Lap Swim
9am – Warm Water Exercise 9:30am – Water Exercise 10am – Warm Water Exercise	9am – 11am Open swim	9am – Warm Water Exercise 9:30am – Water Exercise 10am – Warm Water Exercise	9am – 11am Open swim	9am – Warm Water Exercise 9:30am – Water Exercise 10am – Warm Water Exercise	Swim Lessons Open / Lap Swim
11am – 3pm Open swim	11am – 3pm Open swim	11am – 3pm Open swim	11am – 3pm Open swim	11am – 3pm Open swim	Swim Lessons Open / Lap Swim
OPEN SWIM Swim lessons begin at 3:30pm	OPEN SWIM Swim lessons begin at 3:30pm	OPEN SWIM Swim lessons begin at 3:30pm	OPEN SWIM Swim lessons begin at 3:30pm	OPEN SWIM Swim lessons Begin at 3:30pm	OPEN SWIM UNTIL 3:30PM
5:30pm – Deep Water Cardio Swim lessons	4:30pm – Total Body Water Class Swim Lessons	Swim Lessons	4:30pm – Total Body Water Class Swim Lessons	Swim Lessons	AWCI CLOSED
Open Swim Swim Lessons	Open Swim Swim Lessons	Open Swim Swim Lessons	Open Swim Swim Lessons	Open Swim Swim Lessons	

Pools close 30 minutes before the facility closes.