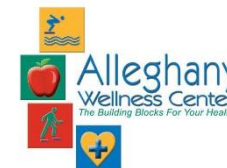




# 2023 Pool Schedule (Warm Water Pool and Lap Pool)

## 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 (reservations required)	6am – 7am Open swim (reservations required)	6am – 7am Open swim (reservations required)	6am – 7am Open swim (reservations required)	6am – 7am Open swim (reservations required)	AWCI CLOSED
7am – Deep Water Cardio 8am – Deep Water Cardio	8am – 9am Open swim (reservations required)	7am – Deep Water Cardio 8am – Deep Water Cardio	8am – 9am Open swim (reservations required)	7am – Deep Water Cardio 8am – Deep Water Cardio	Open swim (reservations required)
9am – Warm Water Exercise 9:30am – Water Exercise 10am – Warm Water Exercise <b>Lap Lanes available by reservations only</b>	9am – 11am Open swim (reservations required)	9am – Warm Water Exercise 9:30am – Water Exercise 10am – Warm Water Exercise <b>Lap Lanes available by reservations only</b>	9am – 11am Open swim (reservations required)	9am – Warm Water Exercise 9:30am – Water Exercise 10am – Warm Water Exercise <b>Lap Lanes available by reservations only</b>	Open swim (reservations required)
Open swim (reservations required)  & Swim Lessons	Open swim (reservations required)  & Swim Lessons	Open swim (reservations required)  & Swim Lessons	Open swim (reservations required)  & Swim Lessons	Open swim (reservations required)  & Swim Lessons	Open swim (reservations required)
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Pools close 30 minutes before the facility closes.