

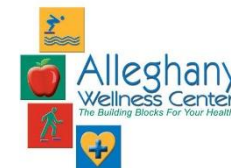


2024 Pool Schedule (Warm Water Pool and Lap Pool)

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 Lap Lanes available by reservations only	8am – AquaFix Lap Lanes available by reservations only	7am – Deep Water Cardio 8am – Deep Water Cardio Lap Lanes available by reservations only	8am – AquaFix Lap Lanes available by reservations only	7am – Deep Water Cardio 8am – Deep Water Cardio Lap Lanes available by reservations only	Open swim (reservations required)
9am – Warm Water Exercise 9:30am – Water Exercise 10am – Warm Water Exercise Lap Lanes available by reservations only	9am – 11am Open swim (reservations required)	9am – Warm Water Exercise 9:30am – Water Exercise 10am – Warm Water Exercise Lap Lanes available by reservations only	9am – 11am Open swim (reservations required)	9am – Warm Water Exercise 9:30am – Water Exercise 10am – Warm Water Exercise Lap Lanes available by reservations only	Open swim (reservations required)
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Pools close 30 minutes before the facility closes.