

# JANUARY 2026

**HAYWOOD**  
REGIONAL HEALTH & FITNESS CENTER

## POOL SCHEDULE

### Mon

6:00am-8:15am  
Open Swim

8:30am Aqua Fit  
9:30am Water Blast  
10:30am Deep Water

11:15am-3:15pm  
Open Swim

3:30pm-5:30pm  
High School Swim  
Team  
Occupy Lanes 1-3

5:30pm-6:00pm  
Little Hatchlings

### Tue

6:00am-7:00am  
Open Swim

11:00-11:45  
Fluid Motion

1:30pm-3:30pm  
Therapy Patients  
Occupy Lane 1

3:30pm-5:30pm  
High School Swim  
Team  
Occupy Lanes 1-3

5:45pm-6:30pm  
Splash

6:30pm-8:00pm  
Open Swim

### Wed

6:00am-8:15am  
Open Swim

8:30am Aqua Fit  
9:30am Water Blast  
10:30am Deep Water

11:15am-3:15pm  
Open Swim

1:30pm-3:30pm  
Therapy Patients  
Occupy Lane 1

3:15pm-6:00pm  
Swim Lessons  
Occupy Lanes 1-2

6:30pm-8:00pm  
Open Swim

### Thu

6:00am-10:45am  
Open Swim

11:00-11:45  
Fluid Motion

1:30pm-3:30pm  
Therapy Patients  
Occupy Lane 1

3:30pm-5:30pm  
High School Swim  
Team  
Occupy Lanes 1-3

5:45pm-6:30pm  
Splash

6:30pm-8:00pm  
Open Swim

### Fri

6:00am-8:15am  
Open Swim

8:30am Aqua Fit  
9:30am Water Blast  
10:30am Deep Water

11:15am-7:00pm  
Open Swim

7:00pm-8:00pm  
Birthday Reservations

**DURING ALL CLASSES  
TWO LAP LANE WILL BE  
AVAILABLE FOR LAP  
SWIMMING**

### Sat

7:30am-4:00pm  
Open Swim

4:00pm-5:00pm  
Birthday Reservations

### POOL HOURS

M-TH 6AM-8PM  
F 6AM-7PM  
SAT 8AM-4PM  
SUN 1PM-5PM

**FITNESS  
CENTER CLOSED  
JANUARY 1ST**



## CLASS DESCRIPTIONS

**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.**