

September 2026

Pool Schedule

HAYWOOD
REGIONAL HEALTH & FITNESS CENTER



Mon

6:00am-8:15am
Open Swim

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

11:30am-12:00pm
Little Hatchlings

12:15pm-8:00pm
Open Swim

Tue

6:00am-10:15am
Open Swim

10:30am-11:00am
Little Hatchlings

11:00-11:45
Fluid Motion

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

5:45pm-6:30pm
Splash

6:45pm-8:00pm
Open Swim

Wed

6:00am-8:15am
Open Swim

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

10:30am-3:00pm
Open Swim

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

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

5:30pm-6:00pm
Little Hatchlings

6:15pm-8:00pm
Open Swim

Thu

6:00am-5:30pm
Open Swim

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

5:45pm-6:30pm
Splash

6:45pm-8:00pm
Open Swim

Fri

6:00am-8:15am
Open Swim

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

11:30am-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-9:45am
Open Swim

10:00-10:30am
Little Hatchlings

10:45am-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

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.**