

Rex Wellness Center- Knightdale  
Warm Water Pool Availability – March - April 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 – 6:00							
6:00 – 7:00							
7:00 – 8:00						POOL OPENS 8:00 a.m.	POOL OPENS 8:00 a.m.
8:00 – 9:00						<u>Swim Lessons</u> Saturdays March 7 <sup>th</sup> -April 18 <sup>th</sup> Classes begin at 8:05 am  Children will be in the locker rooms and Warm Water pool during this time.	
9:00 – 10:00							
10:00 – 11:00		10:20 – 10:50 Range of Motion		10:30-11:00 Range of Motion			
11:00 – 12:00	11:00 – 11:30 Range of Motion	10:55 – 11:25 Aqua Barre	11:00- 11:30 Range of Motion		11:00 – 11:30 Range of Motion		
12:00 – 1:00							
1:00 – 2:00							
2:00 – 3:00							
3:00 – 4:00							
4:00 – 5:00							
5:00 – 6:00			5:20 – 5:50 Range of Motion			POOL CLOSES at 5:45 p.m.	
6:00 – 7:00							
7:00 – 8:00		7:30 – 8:00 Range of Motion					
8:00 – 9:15	POOL CLOSES at 8:45 p.m.						

Notes:

- **The Warm Water Pool is not available for open swim during Class times**
- Children will be in the pool area and locker rooms during swim lesson class times
- During private or group swim lessons, the Warm Pool is still available although space may be limited. Swim lessons get priority and this will be re-evaluated as necessary
- Private and group swim lessons are a paid for program and require registration
- For your safety and as a courtesy to those members wishing to use the Warm Pool for individual exercise, **please do not use the Warm Pool for participation in H2O Fitness classes**