

Rex Wellness Center- Knightdale  
Lap Pool Availability March - April 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 – 6:00			5:15 – 6:00 Swim Strong Series \$ *2 lanes available				
6:00 – 7:00							
7:00 – 8:00						<b>POOL OPENS 8:00 a.m.</b>	<b>POOL OPENS 8:00 a.m.</b>
8:00 – 9:00							
9:00 – 10:00		9:20 – 10:15 H2O Fitness *1 lane available		9:20 – 10:15 H2O Fitness *2 lanes available			
10:00 – 11:00	9:50 – 10:45 H2O Fitness *no lap swimming		9:50 – 10:45 H2O Fitness *no lap swimming		9:50 – 10:45 H2O Fitness *1 lane available	11:35-12:30 (Every other Saturday) H2O Fitness *2 lanes available	
12:00 – 1:00							
1:00 – 2:00							
2:00 – 3:00							
3:00 – 4:00							
4:00 – 5:00			4:20 – 5:15 H2O Fitness *2 lanes available				
5:00 – 6:00						<b>POOL CLOSES at 5:45 p.m.</b>	
6:00 – 7:00		6:20 – 7:15 H2O Fitness *2 lanes available		6:20 – 7:15 H2O Fitness *1 lane available		<b>Swim Lessons will be offered in the Warm Water Pool on Saturdays beginning March 7<sup>th</sup>-April 18<sup>th</sup>. Children will be in the locker rooms and pool area during this time.</b>  <b>Saturday morning pool classes: March 7<sup>th</sup> and 21<sup>st</sup> April 4<sup>th</sup> and 18<sup>th</sup></b>	
7:00 – 8:00	7:05 – 8:00 H2O Fitness *2 lanes available				<b>POOL CLOSES at 7:45 p.m.</b>		
8:00 – 9:15	<b>POOL CLOSES at 8:45 p.m.</b>						

**Notes:**

- Number of Lap lanes open during H2O Fitness classes are noted below each class
- Availability of lap swimming is dependent on class size and will be re-evaluated quarterly
- 10 minutes have been allotted prior to class start times for the removal of lane lines and preparation for H2O Fitness classes
- 4 lanes will be available for lap swimming during classes conducted in the Warm Water Pool (*please see reverse side for the therapy pool schedule and availability*)
- During private or group swim lessons, select lanes may be reserved but the pool is still open for lap swimming and individual aquatics.