

Rex Wellness Center- Knightdale
Lap Pool Availability May-June 2019

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							
9:00 – 10:00		9:20 – 10:15 H2O Fitness *2 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						POOL CLOSSES at 5:45 p.m.	
6:00 – 7:00		6:20 – 7:15 H2O Fitness *2 lanes available		6:20 – 7:15 H2O Fitness *1 lane available *no lap swimming on last Thursday of each month (5/30 and 6/27)		Swim Lessons will be offered in the Warm Water Pool on Saturdays beginning May 11 th -June 22 nd (skips 5/25). Children will be in the locker rooms and pool area during this time. Saturday morning pool classes: May 4 th and 18 th June 1 st , 15 th and 29 th	
7:00 – 8:00	7:05 – 8:00 H2O Fitness *2 lanes available				POOL CLOSSES at 7:45 p.m.		
8:00 – 9:15	POOL CLOSSES at 8:45 p.m.						

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.

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