

Rex Wellness Center – Raleigh Lap Pool Availability
Updated April 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL OPENS at 5:00am							
5:00 – 6:00			Lap Swim Conditioning 5:25 – 6:15				
6:00 – 7:00			Lap Swim Conditioning 6:15 – 7:00				
7:00 – 8:00						POOL OPEN 8:00 am	POOL OPEN 8:00am
8:00 – 9:00		8:10 – 9:00 H2O Fitness		8:10 – 9:00 H2O Fitness		Swim Lessons 8:00 – 2:00pm Saturdays <i>Children will be in the pool and locker room areas during this time.</i> *A minimum of 1 lane will be reserved for swim lessons	
9:00 – 10:00							
10:00 – 11:00	10:40 – 11:30 H2O Fitness	10:40 – 11:30 H2O Fitness	10:40 – 11:30 H2O Fitness	10:40 – 11:30 H2O Fitness	10:40 – 11:30 H2O Fitness		
11:00 – 12:00		11:30 – 12:05 H2O Range of Motion		11:30 – 12:05 H2O Yoga	11:30 – 12:05 H2O Range of Motion	11:10 – 12:00 H2O Fitness	
12:00 – 1:00							
1:00 – 2:00							
2:00 – 3:00							
3:00 – 4:00			3:10 – 4:00 H2O Fitness				
4:00 – 5:00					4:25 – 5:15 H2O Fitness		
5:00- 6:00	5:25 – 6:15 Aqua Zumba					POOL CLOSSES at 5:45pm	
6:00 – 7:00					POOL CLOSSES At 7:45pm		
7:00 – 8:00							
8:00 – 8:45	POOL CLOSSES at 8:45pm						

Lane Closest to the Spa will be reserved for Physical Therapy *** When others are waiting please limit your time in the Lane to 30 minutes.**

No Lanes will be available during ANY aquatic fitness class with the exception of H2O Swim Fit on Wednesday mornings (2 lanes available).

One to two lanes will be utilized during Swim Lessons (dependant on class size)

****5 minutes have been allotted, prior to class start times, for the removal of lane lines and preparation for aquatic fitness classes.**

