



## Open Swim Schedule

Open swim is the best time for family fun or your choice of aquatics workout.  
Group swim lessons and private swim lessons are scheduled during this time.

**Children 15 and under MUST be accompanied by someone over 16.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am-10am	9am-10am	9am-10am	9am-10am	9am-10am	10:15am-7:30pm	9:30am-7:30pm
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
11am-12pm	11am-12pm	11am-12pm	11am-12pm	11:15am-12pm		
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
1:30pm-8:30pm	1:30pm-2:30pm	1:30pm-8:30pm	1:30pm-2:30pm	1:30pm-8:30pm		
Open Swim	Open Swim (DEEP END ONLY)	Open Swim	Open Swim (DEEP END ONLY)	Open Swim	Open Swim	Open Swim
	2:30pm-6pm		2:30pm-6pm			
	Open Swim		Open Swim			
	7pm-8:30pm		7pm-8:30pm			
	Open Swim		Open Swim			

## Water Aerobics Classes + Water Basketball Schedule

Water aerobics classes are a great way to get a gentle and fun workout in.

All levels and ages welcome. No sign-up required.

Water basketball is a great aqua sport, all levels and ages welcome to participate. No reservations required.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10am-11am	10am-11am	10am-11am	10am-11am	10am-11:15am	9:30am-10:15am	No Water Aerobics or Water Basketball Scheduled
Core Connect Water Aerobics	Strength Wave Water Aerobics	Core Connect Water Aerobics	Strength Wave Water Aerobics	Mindful Movements Water Aerobics	Strength Wave Water Aerobics	
	1:30pm-2:30pm		1:30pm-2:30pm			
	Water Basketball		Water Basketball			

## ARC Swim Team

We offer a non-competitive swim team from September-May. We offer a competitive swim team during the summer months and each program last 6 weeks. Participants must try-out.

We offer beginners, intermediate and advanced levels. ARC Members and Non-Members are welcome to join.

Please visit or call the Downtown Front Desk for more information and how to register (828)253-5874.