



September 2022 Indoor Pool Information

ARC Platinum and Gold Members, Hotel Guest, Trial Pass and Day Pass Users have access to our indoor pool.

We offer a variety of options from lap swim, open swim, water aerobics classes, water basketball, swim lessons and swim team.

Our jacuzzi and steam room are located at the indoor pool.

Must be 16 years or older to utilize the jacuzzi or steam room. No reservations required.

Must be 16 years or older to be in the indoor pool area without adult supervision.

Indoor Pool Hours	
Monday through Friday	6am-8:30pm
Saturday and Sunday	8am-7:30pm

Lap Swim Schedule

Adult Only Lap Swim and Lap Lane #4 Require Reservations. No open swim and no private lessons scheduled.

Must be 16 Years or Older to Reserve a Lane

Lap Lane #4 is the ONLY lane that can be shared and must be mutual between both parties.

Lanes can be reserved up to three days in advance. Advance reservations are for 30 minutes, starting at the top or half hour. On the day of, you may extend your reservation to a full hour, if available by calling the Front Desk.

ARC Platinum/Gold members may schedule a lap lane through our ARC Member App (select "Advanced Options" for your preferred lane). Hotel Guest and Non-Members may call the Front Desk at the Downtown location to reserve your lane at (828)253-5874. You will receive an email confirmation of your date and time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am-9am	6am-9am	6am-9am	6am-9am	6am-9am	8am-9:30am	8am-9:30am
4 Lanes Available Adult Only Lap Swim	4 Lanes Available Adult Only Lap Swim	4 Lanes Available Adult Only Lap Swim	4 Lanes Available Adult Only Lap Swim	4 Lanes Available Adult Only Lap Swim	4 Lanes Available Adult Only Lap Swim	4 Lanes Available Adult Only Lap Swim
9am-10am	9am-10am	9am-10am	9am-10am	9am-9:30am	1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4
1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4		
11:30am-12pm	11:30am-12pm	11:30am-12pm	11:30am-12pm	11:30am-12pm		
1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4		
12pm-1:30pm	12pm-1:30pm	12pm-1:30pm	12pm-1:30pm	12pm-1:30pm		
4 Lanes Available Adult Only Lap Swim	4 Lanes Available Adult Only Lap Swim	4 Lanes Available Adult Only Lap Swim	4 Lanes Available Adult Only Lap Swim	4 Lanes Available Adult Only Lap Swim		
1:30pm-8:30pm	1:30pm-2pm	1:30pm-8:30pm	1:30pm-2pm	1:30pm-8:30pm		
1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4		
	3:30pm-6pm		3:30pm-6pm			
	1 Lane Available Lap Lane #4		1 Lane Available Lap Lane #4			
	6pm-7pm		6pm-7pm			
	4 Lanes Available Adult Only Lap Swim		4 Lanes Available Adult Only Lap Swim			
	7pm-8:30pm		7pm-8:30pm			
1 Lane Available Lap Lane #4	1 Lane Available Lap Lane #4					

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-2pm	1:30pm-8:30pm	1:30pm-2pm	1:30pm-8:30pm		
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
	2pm-3pm		2pm-3pm			
	Open Swim (DEEP END ONLY)		Open Swim (DEEP END ONLY)			
	3pm-6pm		3pm-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	
	2pm-3pm		2pm-3pm			
	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.