



November 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	11am-7:30pm	9:30am-7:30pm		
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				
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-5:30pm	1:30pm-2pm	1:30pm-5:30pm	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			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							
7:30pm-8:30pm	6pm-7pm	7:30pm-8:30pm	6pm-7pm					
1 Lane Available Lap Lane #4	4 Lanes Available Adult Only Lap Swim	1 Lane Available Lap Lane #4	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					