

Pool Schedule



Duke Center for Living
HEALTH AND FITNESS CENTER
at Ferrington

P: (919) 545-2133

F: (919) 545-2687

www.dukefitnessferrington.com

Monday 6am-7:45pm	Tuesday 6am-7:45pm	Wednesday 6am-7:45pm	Thursday 6am-7:45pm	Friday 6am-6:45pm	Saturday 8am-3:45pm	Sunday 1pm-4:45pm
					<div style="border: 2px solid blue; border-radius: 50%; padding: 20px; text-align: center;"> <p>See reverse side for pool guidelines and class descriptions.</p> </div>	
Aqua Basics 8-8:45am		Aqua Basics 8-8:45am		Aqua Basics 8-8:45am		
AQUA FIT 8:50- 9:35am	Aqua Strength 9:30-10:15am	AQUA FIT 8:50-9:35am	Aqua Strength 9:30-10:15am	AQUA FIT 8:50- 9:35am		
Aqua Challenge 9:40 – 10:40am	Aqua Remedies 10:30 - 11:15am	Aqua Challenge 9:40 – 10:40am	Aqua Remedies 10:30 - 11:15am	Aqua Challenge 9:40 – 10:40am		
	WAVES 6:00 – 6:45pm		WAVES 6:00 – 6:45pm			

SCHEDULE KEY

- Class – Possible Lane Availability*
- Class – 1-2 lanes available
- No Class – Open Lanes

*Availability during classes will vary depending on class size and structure and is at the instructor's discretion. Swimmers are encouraged to come at times when classes are not in session.

Pool Guidelines

- ◆ Our saltwater swimming pool is available to members and guests for lap swimming, group exercise classes, water walking, physical therapy and independent exercise.
 - ◇ The pool is 25 yards in length and 3.5 feet deep with 4 swimming lanes.
 - ◇ 36 laps or 72 lengths equal one mile.
 - ◇ We strive to maintain the following:
 - Pool Temp: 83°-85°
 - Spa Temp: 102°-104°
- ◆ Health standards require showering before using the pool or spa. This helps us maintain good sanitation and water clarity.
- ◆ Lane sharing is suggested during busy pool times.
- ◆ Lanes may also be utilized for physical therapy and personal training at any time. Please be sure to check with the instructor to see if it is possible to share the lanes.
- ◆ There is a variety of pool equipment available for member use. Please return pool equipment to its designated space after use.
- ◆ The pool area closes 15 minutes prior to the facility closing to allow time for showering and changing.
- ◆ For safety guidelines, please refer to the pool and spa rules posted in the pool area and included in your member handbook.
- ◆ The pool is maintained daily by a certified pool operator and is regulated by the Chatham County Health Department. It is sanitized by means of a saltwater filtration system.
- ◆ A chair lift is available for individuals needing assistance accessing the pool. Please read guidelines posted on the chair lift before use.

Aqua Class Descriptions

Aqua Basics: Light to moderate cardiovascular exercise, followed by toning and stretching.

Aqua Challenge: Designed for the veteran aquatic exerciser, this demanding class uses water gear to give your muscles and lungs a tough workout.

AQUA FIT: An intermediate level cardiovascular class for members wishing to burn fat and tone muscles using the power of liquid resistance.

Aqua Remedies: Improve joint range of motion & flexibility, muscular strength, and balance while getting the therapeutic benefits of working in the water.

Aqua Strength: Focus on muscular strength and endurance in all major muscle groups using water resistance and equipment. All fitness levels are welcome.

WAVES: A fun total body workout using a variety of movements for cardiovascular, strength and flexibility training. Modified for all fitness levels.

REMINDERS:

- ◆ *Please arrive 5 minutes prior to class start time.*
- ◆ *Classes are subject to change based on low attendance, instructor availability and facility needs.*