



December

****This schedule is subject to change without notice****

Aquatic Programs

Recreational Swim Times

M - Fri	1:00pm - 3:30 pm
M - Th	6:30pm - 8:30pm
Fri	5:30pm - 6:30pm
Sat	10:00am - 4:30pm
Sun	CLOSED

Lap Swim Times

M-F	6:00am-1:00pm
Sa	8:00am-10:00am

NO LAP SWIM after 10:00am on Saturday

Fitness Classes

M-W-F	8:30-9:15am	Water Aerobics
M-W-F	9:30-10:30am	Aerobics
Mon	5:30-6:30pm	Cardio Fitness
M-W	6:45-7:30pm	Water Aerobics
Tues	9:30-10:30am	Instructor's Choice
Tues	6:00-7:00pm	MiXXed Fit
Wed	5:30-6:30pm	Strength Training
Thursday	9:30-10:30am	Yoga
Thursday	6:00-7:00pm	Zumba
Thursday	7:00-7:45pm	Cardio & Core

Swim Lenoir Practice Times

M - Fri	6:00am-7:00am
M- T- Th	5:30pm-6:30pm

Highschool Swim Practice

SCHS	Tu-F	3:30pm-4:30pm
WCHS	M-Th	3:30pm-4:30pm
HHS	M-F	4:30pm-5:30pm

FACILITY INFORMATION:

The Facility will be closed on Sundays for the month of December.
The POOL will close at 4:30pm on December 7th & 21st due to high school swim meets.
Pool will be closed from 1pm-3pm on Dec 8th & 28th for backwashing.
The FACILITY will be closed December 23rd - 27th for the holidays.

Facility Rules:

- *NO ONE under the age of 13 is allowed in the weight room.
(Children ages 13-16 yrs of age will need a waiver signed by parent or guardian)
- *Children under the age of 16 must be accompanied by a chaperone that is at least 18 yrs. old to be admitted to the whirlpool area & to play racquetball.

Facility Hours

M-Th	6:00am - 8:30pm
Fri	6:00am - 6:30pm
Sat	8:00am - 4:30pm
Sun	CLOSED



For more info. on LAFC programs call 828-757-2196
www.cityoflenoir.com/parks