

# Southern Pines Pool Schedule



# 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 a.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
7 a.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
8 a.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
9 a.m.	Aqua Blast 9 –10am	Aqua Pilates/Yoga 9-10am	Aqua Blast 9 - 10am	Open Swim	Aqua Blast 9-10am	Closed	Closed
10 a.m.	Gentle Aqua 10:30-11:30am	Open Swim	Gentle Aqua 10:30-11:30am	Open Swim	Gentle Aqua 10:30-11:30am	Closed	Closed
11 a.m.	Open Swim 11:30am	Open Swim	Open Swim 11:30am	Open Swim	Open Swim 11:30am	Closed	Closed
12 p.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
1 p.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
2 p.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
3 p.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
4 p.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
5 p.m.	Parent/Child Swim 5:30-6:00-Call for dates	Open Swim	Parent/Child Swim 5:30-6:00-Call for dates	Open Swim	Open Swim	Closed	Closed
6 p.m.	Open Swim til 6:15pm	Open Swim til 6:15pm	Open Swim til 6:15pm	Open Swim til 6:15pm	Open Swim til 6:15pm	Closed	Closed
6:30pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
	Closed	Closed	Closed	Closed	Closed	Closed	Closed

**Southern Pines FirstHealth Fitness 910-692-6129**