

Aquatic Group Exercise Schedule | November 2024

MONDAY

11:00 a.m.
Aqua Motion

12:15 p.m.
Joint Action

3:00-6:00 p.m.
High School
Swim Practice

4pm - 8pm
HQ Swim Club &
Swim Lessons

6:00 p.m.
Cardio Swim

TUESDAY

7:00 a.m.
Water Works

10:00 a.m.
Yo Pi Chi

11:00 a.m.
Aqua Motion

12:15 p.m.
Joint Action

3:00-6:00 p.m.
High School
Swim Practice

4pm - 8pm
HQ Swim Club &
Swim Lessons

WEDNESDAY

11:00 a.m.
Aqua Motion

12:15 p.m.
Joint Action

3:00-4:30 p.m.
High School
Swim Practice

4pm - 8pm
HQ Swim Club &
Swim Lessons

6:00 p.m.
Cardio Swim

THURSDAY

Closed
Nov 28

7:00 a.m.
Water Works

10:00 a.m.
Yo Pi Chi

11:00 a.m.
Aqua Motion

12:15 p.m.
Joint Action

3:00-6:00 p.m.
High School
Swim Practice

FRIDAY

7:30 a.m.
Water Works

10:00 a.m.
Yo Pi Chi

11:00 a.m.
S'WET

12:15 p.m.
Joint Action

3:00-4:30 p.m.
High School
Swim Practice

SATURDAY

10:15 a.m.
Aqua Motion
No Class Nov 23

11:15 a.m.
Joint Action
No Class Nov 23


INFORMATION

- For updates join our text club. Scan the QR code.
- Lane reservations are recommended for lap swimming but are not required. Please call or stop by the reception desk for assistance.
- Family Swim Times and more information on back.



HealthQuestNC.org
514 N. Bright Leaf Blvd.
PO Box 1376
Smithfield, NC 27577
919-938-7581

 Lap Pool

 Therapy Pool