

**EXERCISE POOL**

Total Length = 16 yards • 55 laps (110 lengths) = 1 mile 86-88°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00am-8:30am Adult Swim	4:00am-9:00am Adult Swim	4:00am-8:30am Adult Swim	4:00am-9:00am Adult Swim	4:00am-9:00am Adult Swim	6:00am-8:00am Adult Swim	6:00am-10:00am Adult Swim
8:30am-9:25am ★ Water • Jan B	9:00am-9:55am ★ Water • Julie C	8:30am-9:25am ★ Water • Jan B	9:00am-9:55am ★ Water • Stacie W	9:00am-9:55am ★ Water • Julie C	8:00am-8:55am ★ Water • Lys M	10:00am-4:00pm Open Swim
9:30am-3:00pm Adult Swim	10:00am-11:30am ★● Swim Lessons	9:30am-3:00pm Adult Swim	10:00am-1:00pm Adult Swim	10:00am-3:00pm Adult Swim	9:15am-12:15pm ★● Swim Lessons	4:00pm-7:10pm ★● Swim Lessons
3:00pm-5:25pm Open Swim	11:30am-1:00pm Open Swim	3:00pm-4:30pm Open Swim	1:00pm-1:55pm ★ Water Power • Stacie W	3:00pm-10:30pm Open Swim	12:15pm-7:30pm Open Swim	7:10pm-7:30pm Open Swim
5:30pm-6:25pm ★ Aqua Zumba® • Lys M	1:00pm-1:55pm ★ Water Power • Cody J	4:45pm-6:30pm ★● Swim Lessons	2:00pm-3:00pm Adult Swim	<div style="border: 1px solid gray; padding: 5px; text-align: center;">                     Schedule subject to change. For live schedule updates check <a href="http://schedule.thewac.com">schedule.thewac.com</a> </div>		
6:30pm-7:25pm ★ Adult Learn to Swim • Erin S	2:00pm-3:00pm Adult Swim	6:30pm-7:25pm ★ Adult Learn to Swim • Erin S	3:00pm-4:00pm Open Swim			
7:30pm-10:30pm Open Swim	3:00pm-4:30pm Open Swim	7:25pm-10:00pm Open Swim	4:10pm-6:00pm ★● Swim Lessons			
	4:30pm-5:55pm ★● Swim Lessons		6:15pm-7:10pm ★ Aqua Zumba® • Leslie K			
	6:15pm-7:10pm ★ Water Power • Stacie W		7:30pm-10:30pm Adult Swim			
	7:15pm-10:30pm Adult Swim					

**LAP POOL**

Total Length = 25 yards • 35 laps (70 lengths) = 1 mile 80-82°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00am-10:30pm Adult Swim	4:00am-5:15pm Adult Swim	4:00am-10:00pm Adult Swim	4:00am-5:30pm Adult Swim	4:00am-10:30pm Adult Swim	6:00am-9:00am Adult Swim	6:00am-4:00pm Adult Swim
	5:15pm-6:10pm ★● Swim Club		5:30pm-6:10pm ★● Swim Lessons		9:05am-9:45am ★● Swim Lessons	4:00pm-5:00pm ★● Swim Club
	6:15pm-10:30pm Adult Swim		6:15pm-10:30pm Adult Swim		10:00am-7:30pm Adult Swim	5:00pm-7:30pm Adult Swim

**PLEASE NOTE**

- ★ Indicates **No Swimming**-the pool is reserved for classes.
- Indicates that registration and/or additional fee may apply.
- \*Private lessons may occur during Open & Adult Swim in both the Exercise & Lap Pool.

**FYI**

Private lessons may occur during Open & Adult Swim in both the Exercise & Lap Pool.

**Adult Swim**

This time is for adults, 16 years and older, interested in water walking or lap swimming.

**Aqua Zumba**

Zumba hits the deck! This low impact choreographed class fuses Latin & International music and moves to create a dynamic and exciting water class.

**Lessons\***

Lessons for all ages. Registration required.

**Open Swim**

This time is for all individuals and supervised children are welcome.

**Water**

This basic water class provides a cardiovascular workout, complete with toning and stretching. Similar to our Lite series, this class is perfect for the mature adult, those individuals new to fitness and anyone recovering from an injury.

**Water Power**

Water Power is an intense, calorie-burning workout in the pool. This water class will increase your heart rate for a stronger cardio workout, as well as tone and strengthen your entire body!

*\*Class Registration is required.*



**WATER SCHEDULE**

