

Adult Learn to Swim: Beginner*

Have you ever wanted to learn how to swim or improve your technique? This class is designed to teach you basic swim stroke techniques while building endurance. Come experience the benefits of adding swimming to your fitness regimen.

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.

Open Swim

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

Swim Lessons*

Lessons for all ages. See Swim Lesson schedule for days, times and levels.

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



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