

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	
8:30am-9:25am ★ Water	9:00am-9:55am ★ Water	8:30am-9:25am ★ Water	9:00am-9:55am ★ Water	9:00am-9:55am ★ Water	8:00am-8:55am ★ Water	
9:30am-3:00pm Adult Swim	10:30am-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	
3:00pm-5:25pm Open Swim	11:30am-12:25pm ★● Adult Learn to Swim: Intermediate	3:00pm-4:30pm Open Swim	1:00pm-1:55pm ★ Water Power	3:00pm-10:30pm Open Swim	12:15pm-7:30pm Open Swim	
5:30pm-6:25pm ★ Aqua Zumba®	11:30am-1:00pm Open Swim	4:45pm-6:30pm ★● Swim Lessons	2:00pm-3:00pm Adult Swim			
6:30pm-7:30pm Adult Swim	1:00pm-1:55pm ★ Water Power	6:30pm-7:25pm ★● Adult Learn to Swim	3:00pm-4:00pm Open Swim			6:00am-10:00am Adult Swim
7:30pm-10:30pm Open Swim	2:00pm-3:00pm Adult Swim	7:25pm-10:00pm Open Swim	4:10pm-6:00pm ★● Swim Lessons			10:00am-4:00pm Open Swim
	3:00pm-4:30pm Open Swim		6:15pm-7:10pm ★ Aqua Zumba®			4:00pm-7:10pm ★● Swim Lessons
	4:30pm-5:55pm ★● Swim Lessons		7:30pm-10:30pm Adult Swim			7:10pm-7:30pm Open Swim
	6:15pm-7:10pm ★ Water Power					
	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-6:30pm 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	
6:30pm-7:30pm ★● Adult Learn to Swim	5:15pm-6:10pm ★● Swim Club		5:30pm-6:10pm ★● Swim Lessons		9:05am-9:45pm ★● Swim Lessons	
7:30pm-10:30pm Adult Swim	6:15pm-10:30pm Adult Swim		6:15pm-10:30pm Adult Swim			
						6:00am-4:00pm Adult Swim
						4:00pm-4:55pm ★● Swim Lessons
						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.

Adult Learn to Swim

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 Learn to Swim: Intermediate

Have you ever wanted to learn to swim or improve your swim technique? This class is for the student who possesses basic swimming skills and is looking to improve. While focusing on the breathing skills and endurance required in order to swim one length of the pool or more, the class will also introduce the backstroke and continue to work on treading water for longer periods of time.

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.

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



WWW.THEWAC.COM

20075 WATER TOWER BLVD • 262.544.4111



BROOKFIELD