



MENOMONEE FALLS INDOOR WATER SCHEDULE

EXERCISE POOL TOTAL LENGTH = 20 YARDS • 44 LAPS (88 LENGTHS) = 1 MILE 87°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ADULT SWIM 4:00am-9:00am	ADULT SWIM 4:00am-5:00am	ADULT SWIM 4:00am-9:45am	ADULT SWIM 4:00am-8:45am	ADULT SWIM 4:00am-9:15am
WATER BOOT CAMP* ★● 9:15am-10:10am	WATER ★ 5:15am-6:10am	AQUA ZUMBA® ★ 10:00am-10:55am	TABATA IN THE POOL ★● 9:00am-9:45am	AQUA ZUMBA® ★ 9:30am-10:25am
WATER ★ 10:15am-11:10am	ADULT SWIM 6:10am-9:15am	OPEN SWIM 11:00am-4:15pm	WATER ★ 10:00am-10:55am	WATER POWER ★ 10:40am-11:35am
ADULT SWIM 11:30am-2:00pm	WATER POWER ★ 9:30am-10:25am	SWIM LESSONS ★● 4:25pm-5:05pm	OPEN SWIM 11:00am-4:30pm	ADULT SWIM 11:35am-3:00pm
SWIM LESSONS* ● 12:00pm-12:30pm	JOINT EFFORT ★ 11:00am-11:55am	TABATA IN THE POOL ★● 5:10pm-5:55pm	SWIM LESSONS ★● 4:45pm-7:10pm	OPEN SWIM 3:00pm-7:30pm
OPEN SWIM 2:00pm-6:15pm	OPEN SWIM 12:00pm-4:00pm	AQUA ZUMBA® ★ 6:00pm-6:55pm	ADULT SWIM 7:15pm-8:30pm	
SWIM LESSONS* ● 4:30pm-6:15pm	SWIM LESSONS ★● 4:30pm-7:00pm	ADULT SWIM 7:00pm-8:30pm		
AQUA ZUMBA® ★ 6:15pm-7:10pm	ADULT SWIM 7:00pm-8:30pm			
ADULT SWIM 7:15pm-8:30pm				

ALL WORKSHOPS WILL OCCUR IN THE OUTDOOR POOL UNLESS THERE IS INCLEMENT WEATHER.

<p>Turbulent Aqua Circuits Saturday, July 6 • 10:15-11:30am Saturday, August 24 • 10:15-11:30am</p> <p>Live Acoustic Yoga Deckside <i>Adult Swim available</i> Thursday, July 11 • 6-7:30pm</p> <p>Aqua Barre Tuesday, July 16 • 6-7pm Sunday, August 11 • 3-4pm</p> <p>Poolside Yoga <i>Adult Swim available</i> Wednesday, July 17 • 7-8pm Wednesday, August 14 • 7-8pm</p>	<p>Boy Band Beats Sunday, July 21 • 11am-12pm</p> <p>Winter Games Challenge Thursday, July 25 • 5:45-6:45pm</p> <p>S'WET Thursday, August 8 • 5:45-6:45pm</p> <p>Pump, Pedal, and Pool Saturday, August 10 • 11-12:15pm</p> <p>Carnival Pool Party Friday, August 16 • 5-7pm</p> <p>Aqua Zumbathon Fundraiser Friday, August 30 • 5:30-7:30pm <i>Fee is a 5-item donation to the Menomonee Falls Food Pantry</i></p>
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SATURDAY	SUNDAY
ADULT SWIM 6:30am-7:45am	ADULT SWIM 6:30am-8:15am
WATER POWER ★ 8:00am-8:55am	WATER YOGA ★ 8:30am-9:15am
AQUA ZUMBA® ★ 9:05am-10:00am	ADULT SWIM 9:30am-10:00am
SWIM LESSONS ★● 10:10am-11:00am	OPEN SWIM 10:00am-3:00pm
OPEN SWIM 11:00am-5:00pm	ADULT SWIM 3:00pm-4:00pm
ADULT SWIM 5:00pm-5:30pm	SWIM LESSONS ★● 4:00pm-5:30pm

NOTES

- ★ Indicates **No Swimming** – the pool is reserved for classes.
- ★ These classes will be moving into the Outdoor Pool beginning May 25 but will occur inside in the case of inclement weather.
- Indicates that registration and/or additional fee may apply. Sign up on the WAC+ App
- ▲ Adult Swim with limited lane availability for Swim Lessons.
- Private swim lessons may occur during Open and Adult Swim in both the Exercise and Lap Pool. Register for classes through the WAC App.
- *Swim lessons will be smaller; Adult Swim and Open Swim will still be taking place during these times.
- During break weeks, swim lesson times will be Open Swim

LAP POOL TOTAL LENGTH = 25 YARDS • 35 LAPS (72 LENGTHS) = 1 MILE 80°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ADULT SWIM 4:00am-5:30pm	ADULT SWIM 4:00am-8:30pm	ADULT SWIM 4:00am-6:00pm	ADULT SWIM 4:00am-5:45am	ADULT SWIM 4:00am-7:30pm
SWIM CLUB ★● 5:30pm-6:30pm		ADULT LEARN TO SWIM ★● 6:00pm-7:00pm	GLIDE FIT ★● 5:45am-6:40am	
ADULT SWIM 6:30pm-8:30pm		ADULT SWIM 7:00pm-8:30pm	ADULT SWIM 7:00am-8:30pm	
			SWIM LESSONS ▲● 6:30pm-7:10pm	
SATURDAY	SUNDAY			
ADULT SWIM 6:30am-5:30pm	ADULT SWIM 6:30am-5:30pm			

JULY-AUGUST