



# WATER SCHEDULE

## MARCH-APRIL

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* ● 2:30pm-3:00pm	OPEN SWIM 11:00am-4:30pm	ADULT SWIM 11:35am-3:00pm		
OPEN SWIM 2:00pm-6:15pm	JOINT EFFORT ★ 11:00am-11:55am	SWIM LESSONS ★● 4:25pm-5:05pm	SWIM LESSONS ★● 4:45pm-7:10pm	OPEN SWIM 3:00pm-7:30pm		
SWIM LESSONS* ● 4:30pm-6:15pm	OPEN SWIM 12:00pm-4:00pm	TABATA IN THE POOL ★● 5:10pm-5:55pm	ADULT SWIM 7:15pm-8:30pm			
AQUA ZUMBA® ★ 6:15pm-7:10pm	SWIM LESSONS ★● 4:30pm-7:00pm	AQUA ZUMBA® ★ 6:00pm-6:55pm	NOTES			
ADULT SWIM 7:15pm-8:30pm	ADULT SWIM 7:00pm-8:30pm	ADULT SWIM 7:00pm-8:30pm				
			★ Indicates <b>No Swimming</b> – the pool is reserved for classes. ● Indicates that registration and/or additional fee may apply. Sign			

SATURDAY	SUNDAY
<b>ADULT SWIM</b> 6:30am-7:45am	<b>ADULT SWIM</b> 6:30am-8:15am
<b>WATER POWER</b> ★ 8:00am-8:55am	<b>WATER YOGA</b> ★ 8:30am-9:15am
<b>AQUA ZUMBA®</b> ★ 9:05am-10:00am	<b>ADULT SWIM</b> 9:30am-11:00am
<b>SWIM LESSONS</b> ★● 10:10am-12:00pm	<b>OPEN SWIM</b> 11:00am-3:00pm
<b>OPEN SWIM</b> 12:00am-4:30pm	<b>ADULT SWIM</b> 3:00pm-5:30pm
<b>ADULT SWIM</b> 4:30pm-5:30pm	<b>SWIM LESSONS</b> ● 4:00pm-5:05pm

### NOTES

- ★ Indicates **No Swimming** – the pool is reserved for classes.
  - 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**

### POOL WORKSHOPS

<b>Empow-Her Aqua Zumba</b> ★ Friday, March 8 4-4:45pm	<b>Aqua Barre</b> ★ Sunday, March 10 3-4pm	<b>Aqua Barre</b> ★ Sunday, April 21 3-4pm
<b>S'WET</b> ★ Friday, March 8 5:45-6:45pm	<b>Glow Party</b> ★ Friday, March 15 5-7pm	<b>Turbulent Aqua Circuits</b> ★ Thursday, April 25 5:45pm
	<b>S'WET</b> ★ Friday, April 5 5:45-6:45pm	

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-8:30pm		ADULT SWIM 4:00am-5:45am		ADULT SWIM 4:00am-7:30pm						
SWIM CLUB ★● 5:30pm-6:30pm						GLIDE FIT ★● 5:45am-6:40am								
ADULT SWIM 6:30pm-8:30pm						ADULT SWIM ▲ 7:00am-8:30pm								
SATURDAY		SUNDAY				SWIM LESSONS ● 6:30pm-7:10pm								
ADULT SWIM 6:30am-5:30pm		ADULT SWIM 6:30am-5:30pm												