

## FIND YOUR FIT.

JANUARY • FEBRUARY 2019

### EXERCISE POOL

Total Length = 16 yards • 55 laps (110 lengths) = 1 mile 87°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00am-8:15am Adult Swim	4:00am-5:15am Adult Swim	4:00am-8:30am Adult Swim	4:00am-5:10am Adult Swim	4:00am-8:30am Adult Swim	6:30am-8:00am Adult Swim
8:15am-9:10am ★ Water • Kathy S	5:15am-6:10am ★ Water • Mary Jo O	8:30am-9:25am ★ Water • Shannon P	5:15am-6:10am ★ Water • Matt L	8:30am-9:25am ★ Water • Susan E	8:00am-8:55am ★ Water • Matt L
9:15am-10:30am Adult Swim	6:15am-8:45am Adult Swim	9:30am-12:00pm Adult Swim	6:15am-10:00am Adult Swim	9:30am-10:25am Adult Swim	9:00am-9:55am ★ Aqua Zumba® • Cindy V
10:30am-11:25am ★ Water • Matt L	8:50am-9:55am ★● Swim Lessons	12:00pm-4:25pm Open Swim	10:00am-10:55am ★ Water • Matt L	10:30am-11:25am ★ Aqua Zumba® • Dalilah S	10:10am-12:15pm ★● Swim Lessons
11:30am-12:00pm Adult Swim	10:00am-10:55am ★ Water • Laurel S	4:30pm-5:45pm ★● Swim Lessons	11:00am-11:55am ★ Joint Effort • Laurel S	11:30am-3:00pm Adult Swim	12:20pm-6:30pm Open Swim
12:00pm-12:55pm ★ Joint Effort • Mandy T	11:00am-1:00pm Adult Swim	6:00pm-6:55pm ★ Aqua Zumba® • Cindy V	12:00pm-2:00pm Adult Swim	3:00pm-8:30pm Open Swim	
1:00pm-2:00pm Adult Swim	1:00pm-5:10pm Open Swim	7:00pm-8:00pm Open Swim	2:00pm-4:55pm Open Swim		
2:00pm-4:55pm Open Swim	5:15pm-7:10pm ★● Swim Lessons	8:00pm-9:30pm Adult Swim	5:00pm-7:10pm ★● Swim Lessons		
5:00pm-5:55pm ★ Water • Toni T	7:15pm-9:30pm Adult Swim		7:15pm-9:30pm Adult Swim		
6:00pm-6:55pm ★ Aqua Zumba® • Nicole B					
7:00pm-8:00pm Open Swim					
8:00pm-9:30pm 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.

### LAP POOL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00am-5:55pm Adult Swim	4:00am-5:35pm Adult Swim	4:00am-5:55am Adult Swim	4:00am-5:00am Adult Swim	4:00am-8:30pm Adult Swim	6:30am-6:30pm Adult Swim
6:00pm-6:55pm ★● Adult Learn to Swim • Catherine Z	5:45pm-7:25pm ★● Swim Lessons	6:00am-6:55am ★● Adult Learn to Swim • Andrea C	5:15am-5:45am ★● GLIDE Fit • Michael K		
7:00pm-9:30pm Adult Swim	7:30pm-9:30pm Adult Swim	7:00am-6:55pm Adult Swim	5:50am-6:20am ★● GLIDE Fit • Michael K		
		7:00pm-7:55pm ★● Fit Swim • Gina H	6:30am-6:25pm Adult Swim		
		8:00pm-9:30pm Adult Swim	6:30pm-7:25pm ★● Swim Lessons		
			7:30pm-9:30pm Adult Swim		

**SUNDAY**

6:30am-10:55am  
Adult Swim

11:00am-11:55am ★●  
Tabata in the Pool • Sharon M

12:00pm-6:30pm  
Adult Swim

Schedule subject to change. For live schedule updates check [schedule.thewac.com](http://schedule.thewac.com)

**Adult Swim**

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

**Adult Learn to Swim ●**

Have you ever wanted to learn how to swim or better 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.

**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.

**Fit Swim\* ●**

Join our trained coach in this lap swimming workout. You will better develop your stroke, become faster and take your endurance to the next level! The only pre-requisite is you must be able to swim 500 yards.

**Joint Effort**

This class is designed to help improve muscle strength and flexibility with the aid of the water's buoyancy. This class is ideal for men and women with arthritis, muscle or joint impairment but is open to all.

**Tabata in the Pool ●**

Join us as we take this workout to the pool and create a low-impact, highly effective class featuring sets of exercises performed in timed intervals of all-out intensity followed by brief recovery periods. Expect to be progressively challenged as you burn calories, develop muscle definition and push to the next level of intensity.

**Swim Lessons ●**

Lessons for all ages.

**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.

**GLIDE Fit ●**

We've combined the power of plyometric training and strength training to create this fun yet challenging class. Explore new functional methods of building strength, stamina and mobility using a floating fitness mat. This class is the perfect training complement for athletes and exercise enthusiasts. Let's see what you're made of on the water.

● *Class Registration is required. Additional fees may apply. See the Advanced Schedule for more details.*



**WATER SCHEDULE**



[WWW.THEWAC.COM](http://WWW.THEWAC.COM)

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**MENOMONEE FALLS**