

**EXERCISE POOL**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00am-8:30am Adult Swim	4:00am-5:15am Adult Swim	4:00am-8:30am Adult Swim	4:00am-5:15am Adult Swim	4:00am-8:30am Adult Swim	6:30am-8:00am Adult Swim	
8:30am-9:25am ★	5:15am-6:10am ★	8:30am-9:25am ★●	5:15am-6:10am ★	8:30am-9:25am ★	8:00am-8:55am ★	
9:30am-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 ★	
10:30am-11:25am ★	8:50am-9:55am ★●	12:00pm-4:25pm Open Swim	10:00am-10:55am ★	10:30am-11:25am ★	10:10am-12:15pm ★●	
11:30am-12:00pm Adult Swim	10:00am-10:55am ★	4:30pm-5:45pm ★●	11:00am-11:55am ★	11:30am-3:00pm Adult Swim	12:20pm-6:30pm Open Swim	
12:00pm-12:55pm ★	11:00am-1:00pm Adult Swim	6:00pm-6:55pm ★	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-7:55pm ★●	2:00pm-4:55pm Open Swim			
2:00pm-4:55pm Open Swim	5:15pm-7:10pm ★●	8:00pm-9:30pm Adult Swim	5:00pm-7:10pm ★●			
5:00pm-5:55pm ★	7:15pm-9:30pm Adult Swim		7:15pm-9:30pm Adult Swim			
6:00pm-6:55pm ★						
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 swim lessons may occur during Open and Adult Swim in both the Exercise and Lap Pool.*

**LAP POOL**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00am-9:30pm Adult Swim	4:00am-5:35pm Adult Swim	4:00am-9:30pm Adult Swim	4:00am-5:30am Adult Swim	4:00am-8:30pm Adult Swim	6:30am-6:30pm Adult Swim	
	5:45pm-6:25pm ★●		5:45am-6:30am ★●			
	6:30pm-7:25pm ★●		6:30am-6:25pm Adult Swim			
	7:30pm-9:30pm Adult Swim		6:30pm-7:25pm ★●			
			7:30pm-9:30pm Adult Swim			

**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 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.

**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.

**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.

**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 Boot Camp\***

This boot-camp-style water workout is a progressive class that includes intense cardio, strength and conditioning intervals as well as speed and endurance work.

*\*Class Registration is required. Additional fees may apply.  
See the Advanced or Swim Lessons Schedule for more details.*



# WATER SCHEDULE



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