

FIND YOUR FIT.

MAY 2019

EXERCISE POOL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 ★ Water	5:15am-6:10am ★ Water	8:30am-9:25am ★● Water Boot Camp	5:15am-6:10am ★ Water	8:30am-9:25am ★ Water	8:00am-8:55am ★ Water
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 ★ Aqua Zumba®
10:30am-11:25am ★ Water	8:50am-9:55am Swim Lessons	12:00pm-4:25pm Open Swim	10:00am-10:55am ★ Water	10:30am-11:25am ★ Aqua Zumba®	10:10am-12:15pm ★● Swim Lessons
11:30am-12:00pm Adult Swim	10:00am-10:55am ★ Water	4:30pm-5:45pm ★● Swim Lessons	11:00am-11:55am ★ Joint Effort	11:30am-3:00pm Adult Swim	12:20pm-6:30pm Open Swim
12:00pm-12:55pm ★ Joint Effort	11:00am-1:00pm Adult Swim	6:00pm-6:55pm ★ Aqua Zumba®	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	7:15pm-9:30pm Adult Swim		7:15pm-9:30pm Adult Swim		
6:00pm-6:55pm ★ Aqua Zumba®					
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.

SUNDAY
6:30am-8:00am Adult Swim
8:00am-8:55am ★ Water
9:00am-10:00am ★ Aqua Zumba®
10:00am-11:00am Adult Swim
11:00am-5:00pm Open Swim
5:00pm-6:30pm Adult Swim

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	5:00am-8:30pm Adult Swim	6:30am-6:30pm Adult Swim
6:00pm-6:55pm ★● Adult Learn to Swim	5:45pm-6:25pm ★● Swim Lessons	6:00am-6:55am ★● Adult Learn to Swim	5:15am-5:45am ★● GLIDE Fit		
7:00pm-9:30pm Adult Swim	7:00pm-7:55pm ★● Adult Learn to Swim	7:00am-6:55pm Adult Swim	5:50am-6:20am ★● GLIDE Fit		
	8:00pm-9:30pm Adult Swim	7:00pm-7:55pm ★● Fit Swim	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-6:30pm Adult Swim

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.

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.

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.

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.*

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WATER SCHEDULE



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