

EXERCISE POOL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30am-12:00pm Adult Swim	4:30am-2:00pm Adult Swim	4:30am-11:00am Adult Swim	4:30am-2:00pm Adult Swim	4:30am-3:00pm Adult Swim	6:00am-10:00am Adult Swim
9:00am-10:00am ★ Water Fusion • Rebecca S	6:00am-7:00am ★ Water • Kurt K	10:00am-11:00am ★ Water • Debra P	6:00am-7:00am ★ Water • Debra K	10:00am-11:00am ★ Water • Dianne V	7:50am-9:00am ★ Pool Closed
11:00am-12:00pm ★ Water • Mary W	9:00am-10:00am ★ Water • Kelly P	11:00am-2:00pm Open Swim	9:00am-10:00am ★ Water • Debra P	3:00pm-9:00pm Open Swim	7:55am-8:55am ● ★ Fit Swim • Nicole F
12:00pm-2:00pm Open Swim	2:00pm-4:00pm Open Swim	2:00pm-7:00pm Adult Swim	2:00pm-5:00pm Open Swim	<div style="border: 1px solid gray; padding: 5px;">                     Schedule subject to change. For live schedule updates check <a href="http://schedule.thewac.com">schedule.thewac.com</a> </div>	9:00am-9:55am ★ Water • Tami M
2:00pm-7:00pm Adult Swim	4:00pm-9:00pm Adult Swim	6:00pm-7:00pm ★ Water Fusion • Angie D	5:00pm-10:00pm Adult Swim		10:00am-12:35pm ● ★ Swim Lessons
6:00pm-7:00pm ★ Water • Angie D	5:15pm-6:00pm ★ Pool Closed	7:00pm-10:00pm Open Swim	5:00pm-6:00pm ● ★ Swim Club • Gabrielle W		10:00am-7:00pm Open Swim
7:00pm-10:00pm Open Swim	5:15pm-7:25pm ● ★ Swim Lessons				
	5:15pm-6:00pm Aqua Zumba® • Lys M				
	9:00pm-10:00pm ★ Pool Closed				
					SUNDAY
					6:00am-11:00am Adult Swim
					10:00am-11:00am ★ Water • Joe G
					11:00am-5:00pm Open Swim
					5:00pm-7:00pm Adult Swim

**PLEASE NOTE**

- ★ Indicates **no lane availability**
- ☆ Indicates **lane availability is limited**
- Indicates that registration and/or additional fee may apply
- \* Private lessons may occur during Open & Adult Swim

**Adult Swim**

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

**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 prerequisite is you must be able to swim 500 yards.

**Lessons\***

Lessons for all ages. See Swim Lesson schedule for days, times and levels. Registration required.

**Open Swim**

This time is for all individuals and supervised children are welcome.

**Swim Club\***

For advanced swimmers needing to improve their endurance and stroke development.

**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 Fusion**

Step up your basic water class with Water Fusion. This aquatics class features a cardiovascular and toning workout designed to take you to the next level in water fitness.

*\*Class Registration is required.*

Private lessons may occur during Open & Adult Swim.

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## WATER SCHEDULE



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

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GREENFIELD