

EXERCISE POOL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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-7:45am Adult Swim	6:00am-11:00am Adult Swim
9:00am-10:00am ★ Water Fusion	6:00am-7:00am ★ Water	10:00am-11:00am ★ Water	6:00am-7:00am ★ Water	10:00am-11:00am ★ Water	7:45am-9:00am ★ Area Reserved	10:00am-11:00am ★ Water
11:00am-12:00pm ★ Water	8:30am-9:30am ★ Water	11:00am-2:00pm Open Swim	9:00am-10:00am ★ Water	3:00pm-9:00pm Open Swim	7:55am-8:55am ★● Fit Swim	11:00am-1:00pm Open Swim
12:00pm-2:00pm Open Swim	2:00pm-4:00pm Open Swim	2:00pm-7:00pm Adult Swim	2:00pm-5:00pm Open Swim		9:00am-9:55am ★ Water	1:00pm-2:00pm ★ Area Reserved
2:00pm-7:00pm Adult Swim	4:00pm-9:00pm Adult Swim	6:00pm-7:00pm ★ Water Fusion	5:00pm-10:00pm Adult Swim		9:00am-10:00am Adult Swim	2:00pm-5:00pm Open Swim
6:00pm-7:00pm ★ Water	5:15pm-7:25pm ★● Swim Lessons	7:00pm-10:00pm Open Swim	5:00pm-6:00pm ★● Swim Lessons		10:00am-7:00pm ★ Open Swim	5:00pm-7:00pm Adult Swim
7:00pm-10:00pm Open Swim	9:00pm-10:00pm ★ Pool Closed		6:00pm-6:45pm ★ Aqua Zumba®		10:00am-11:40am ★● Swim Lessons	
					2:00pm-3:00pm ★● Private Swim Lessons	

PLEASE NOTE

- ★ Indicates **no lane availability**
- ★ Indicates **Adult Swim with limited lane availability**
- 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.

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*

Do you swim countless boring laps? Join Fit Swim for a formatted lap swimming work out lead by a trained coach. Help improve your endurance, increase your power and speed and learn stroke development.

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 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

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GREENFIELD