

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	6:00am-7:00am ★ Water	10:00am-11:00am ★ Water	6:00am-7:00am ★ Water	10:00am-11:00am ★ Water	7:55am-8:55am ★ ● Fit Swim
11:00am-12:00pm ★ Water	9:00am-10:00am ★ Water	11:00am-2:00pm Open Swim	9:00am-10:00am ★ Water	3:00pm-9:00pm Open Swim	9:00am-9:55am ★ Water
12:00pm-2:00pm Open Swim	2:00pm-4:00pm Open Swim	2:00pm-7:00pm Adult Swim	2:00pm-5:00pm Open Swim		10:00am-7:00pm Open Swim
2:00pm-7:00pm Adult Swim	4:00pm-9:00pm Adult Swim	6:00pm-7:00pm ★ Water Fusion	5:00pm-10:00pm Adult Swim		10:00am-12:35pm ★ ● Swim Lessons
6:00pm-7:00pm ★ Water	5:15pm-7:25pm ★ ● Swim Lessons	7:00pm-10:00pm Open Swim	5:00pm-6:00pm ★ ● Swim Lessons		
7:00pm-10:00pm Open Swim	9:00pm-10:00pm ★ Pool Closed				

SUNDAY
6:00am-11:00am Adult Swim
10:00am-11:00am ★ Water
11:00am-1:00pm Open Swim
1:00pm-2:00pm ★ Area Reserved
2:00pm-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.

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.

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.

**WATER SCHEDULE**

**Class Registration is required.*

Private lessons may occur during Open & Adult Swim.



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GREENFIELD