



WATER SCHEDULE

JANUARY-FEBRUARY

EXERCISE POOL

TOTAL LENGTH = 25 YARDS • 35 LAPS (70 LENGTHS) = 1 MILE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ADULT SWIM 5:00am-8:00am	ADULT SWIM 5:00am-8:30am	ADULT SWIM 5:00am-7:30am	ADULT SWIM 5:00am-11:00am	ADULT SWIM 5:00am-7:30am
WATER POWER ★ 8:15am-9:10am	OPEN SWIM 8:30am-4:00pm	WATER POWER ★ 7:30am-8:25am	OPEN SWIM 11:00am-4:00pm	WATER POWER ★ 7:30am-8:25am
ADULT SWIM 9:15am-1:30pm	ADULT SWIM 4:00pm-5:30pm	ADULT SWIM 8:30am-12:00pm	ADULT SWIM 4:00pm-7:00pm	ADULT SWIM 8:30am-1:00pm
OPEN SWIM 1:30pm-4:30pm	WATER POWER ★ 5:30pm-6:25pm	OPEN SWIM 12:00pm-4:30pm	OPEN SWIM 7:00pm-10:00pm	OPEN SWIM 1:00pm-4:00pm
SWIM LESSONS ●★ 4:35pm-7:00pm	ADULT SWIM 6:30pm-8:00pm	SWIM LESSONS ●★ 4:35pm-7:00pm		ADULT SWIM 4:00pm-5:30pm
OPEN SWIM 7:00pm-10:00pm	OPEN SWIM 8:00pm-10:00pm	OPEN SWIM 7:00pm-10:00pm		OPEN SWIM 5:30pm-9:00pm

SATURDAY	SUNDAY
ADULT SWIM 6:30am-8:30am	ADULT SWIM 6:30am-11:00am
WATER POWER ★ 8:30am-9:25am	OPEN SWIM 11:00am-8:00pm
SWIM LESSONS ●★ 9:45am-11:55am	
OPEN SWIM 12:00pm-6:00pm	

NOTES

- ★ Indicates the pool is reserved for classes. **We strive to keep our lap lanes open during Swim Lessons and Classes, but only for Adult usage.**
- Indicates that registration and additional fee may apply.

We reserve the right to schedule Private and/or Semi-private swim lessons during both Open Swim and Adult Swim

Register for classes through the WAC App or visit thewac.motionvibe.com