



WATER SCHEDULE

NOVEMBER - DECEMBER

EXERCISE POOL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ADULT SWIM 5:00am-8:30am	ADULT SWIM 5:00am-7:45am	ADULT SWIM 5:00am-7:30am	ADULT SWIM 5:00am-11:00am	ADULT SWIM 5:00am-7:30am
WATER POWER ★ 8:30am-9:25am	AQUA TRIFECTA ●★ 7:45am-8:45am	WATER POWER ★ 7:30am-8:25am	OPEN SWIM 11:00am-5:00pm	WATER POWER ★ 7:30am-8:25am
ADULT SWIM 9:30am-1:00pm	OPEN SWIM 8:45am-5:00pm	ADULT SWIM 8:30am-12:00pm	ADULT SWIM 5:00pm-7:00pm	ADULT SWIM 8:30am-12:00pm
OPEN SWIM 1:00pm-5:30pm	ADULT SWIM 4:00pm-5:30pm	OPEN SWIM 12:00pm-5:15pm	OPEN SWIM 7:00pm-10:00pm	OPEN SWIM 12:00pm-9:00pm
SWIM LESSONS ●★ 5:30pm-8:00pm	SWIM LESSONS ●★ 5:30pm-8:00pm	SWIM LESSONS ●★ 5:15pm-7:30pm		
OPEN SWIM 8:00pm-10:00pm	OPEN SWIM 7:00pm-10:00pm	OPEN SWIM 7:30pm-10:00pm		

SATURDAY	SUNDAY
ADULT SWIM 6:30am-8:30am	ADULT SWIM 6:30am-9:45am
WATER POWER ★ 8:30am-9:25am	SWIM LESSONS ●★ 9:45am-11:15am
SWIM LESSONS ●★ 9:45am-12:15pm	OPEN SWIM 11:15am-8:00pm
OPEN SWIM 12:15pm-6:00pm	

NOTES

- ★ Indicates the pool is reserved for classes; we strive to keep one or two lap lanes available during this time.
- Indicates that registration and additional fee may apply.

Private swim lessons may be scheduled during both Open Swim and Adult Swim

Lap lanes remain open during Swim Lessons, but Adult usage only

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