

EXERCISE POOL

Total Length = 25 yards • 35 laps (70 lengths) = 1 mile 80-82°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am-7:30am Adult Swim	5:00am-12:00pm Adult Swim	5:00am-7:30am Adult Swim	5:00am-12:00pm Adult Swim	5:00am-7:30am Adult Swim	6:00am-8:30am Adult Swim
7:30am-8:25am ★ Water Fusion	12:00pm-5:00pm Open Swim	7:30am-8:25am ★ Water Power	12:00pm-5:00pm Open Swim	7:30am-8:25am ★ Water Power	8:30am-9:25am ★ Water Power
8:25am-9:15am Open Swim	5:00pm-7:00pm Adult Lap Swim	8:30am-9:15am Adult Swim	5:00pm-7:00pm Adult Lap Swim	8:30am-10:30am Adult Swim	9:30am-10:55am ★● Swim Lessons
9:15am-10:20am ★ Water Power	5:45pm-6:40pm ★ Water Power	9:15am-10:10am ★ Water Power	5:45pm-6:40pm ★ Water Fusion	10:30am-11:30am Adult Lap Swim	11:00am-7:00pm Open Swim
10:20am-5:00pm Open Swim	6:45pm-11:00pm Adult Swim	10:30am-5:00pm Open Swim	7:00pm-11:00pm Adult Swim	10:30am-11:30am ★● Swim Lessons	
5:00pm-7:25pm ★● Swim Lessons		5:00pm-6:55pm ★● Swim Lessons		11:30am-10:00pm Open Swim	
7:30pm-11:00pm Open Swim		7:00pm-11:00pm Open Swim			
					SUNDAY
					6:00am-10:00am Adult Swim
					10:00am-1:00pm Open Swim
					1:00pm-3:55pm ★● Swim Lessons
					4:00pm-6:00pm Open Swim
					6:00pm-8:00pm Adult Swim

PLEASE NOTE

- ★ Indicates **No Swimming** the pool is reserved for classes.
- Indicates that registration and/or additional fee may apply.
- *Private swim lessons may occur during Open and Adult Swim in both the Exercise and Lap Pool.*

Adult Swim

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

Adult Lap Swim

This time is for adults—16 years and older—interested in lap swimming.

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 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.

Water Power

Water Power is an intense, calorie-burning workout in the pool. This water class will increase your heart rate for a stronger cardio workout, as well as tone and strengthen your entire body!

**Class Registration is required.*



WATER SCHEDULE



WWW.THEWAC.COM

560 S INDUSTRIAL DR. • 262.367.4999



LAKE COUNTRY