



WATER SCHEDULE

JANUARY-FEBRUARY

EXERCISE POOL							TOTAL LENGTH = 14 YARDS • 64 LAPS (128 LENGTHS) = 1 MILE	85-87°F
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
ADULT SWIM 5:00am-8:10am	ADULT SWIM 5:00am-9:25am	ADULT SWIM 5:00am-8:10am	ADULT SWIM 5:00am-9:25am	ADULT SWIM 5:00am-9:10am	ADULT SWIM 6:30am-8:10am	ADULT SWIM 6:30am-9:25am		
WATER POWER ★	WATER LITE ★	WATER POWER ★	WATER LITE ★	WATER ★	WATER ★	ADULT SWIM 10:30am-11:30am		
HIIT THE WATER ●★	ADULT SWIM 10:30am-12:00pm	AQUA ZUMBA® ★	WATER YOGA ★	OPEN SWIM 10:15am-8:30pm	SWIM LESSONS ●★	OPEN SWIM 11:30am-6:30pm		
ADULT SWIM 10:00am-12:00pm	OPEN SWIM 12:00pm-6:10pm	ADULT SWIM 10:30am-12:00pm	OPEN SWIM 12:00pm-6:10pm		AQUA BARRE ●★ 12:00pm-1:00pm			
SWIM LESSONS ●▲	ADULT SWIM 6:15pm-9:30pm	OPEN SWIM 12:00pm-6:10pm	WATER POWER ★		OPEN SWIM 1:15pm-6:30pm			
OPEN SWIM 12:00pm-6:10pm		AQUA GROOVE ★	ADULT SWIM 7:15pm-9:30pm					
WATER ★		ADULT SWIM 7:15pm-9:30pm						
ADULT SWIM 7:15pm-9:30pm								

LAP POOL							TOTAL LENGTH = 25 YARDS • 35 LAPS (70 LENGTHS) = 1 MILE	80-82°F
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
ADULT SWIM 5:00am-6:10pm	ADULT SWIM 5:00am-9:30pm	ADULT SWIM 5:00am-9:30pm	ADULT SWIM 5:00am-9:30pm	ADULT SWIM 5:00am-8:30pm	ADULT SWIM 6:30am-6:30pm	ADULT SWIM 6:30am-6:30pm		
SWIM LESSONS ●▲								
ADULT LEARN TO SWIM ●▲								
ADULT SWIM 7:50pm-9:30pm								

NOTES

- ★ Indicates **No Swimming** – the pool is reserved for classes.
 - Indicates that registration and/or additional fee may apply.
 - ▲ Adult Swim with limited lane availability for Swim Lessons.
- Adult Swim:** Open to members and guests age 16 and older. (Ages 12-15 with privileges)
- Open Swim:** Open to members and guests of all ages. Those under age 16 must be supervised by an adult. Private swim lessons may occur during Open and Adult Swim in both the Exercise and Lap Pool.
- Register for classes through the WAC App or visit thewac.motionvibe.com**