



# WATER SCHEDULE

## JULY-AUGUST

**EXERCISE** **TOTAL LENGTH = 14 YARDS • 64 LAPS (128 LENGTHS) = 1 MILE** 85-87°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ADULT SWIM</b> 5:00am-8:10am	<b>ADULT SWIM</b> 5:00am-9:25am	<b>ADULT SWIM</b> 5:00am-9:15am	<b>ADULT SWIM</b> 5:00am-9:25am	<b>ADULT SWIM</b> 5:00am-9:10am	<b>ADULT SWIM</b> 6:30am-8:10am	<b>ADULT SWIM</b> 6:30am-10:15am
<b>WATER POWER</b> ★ 8:15am-9:10am	<b>WATER LITE</b> ★ 9:30am-10:25am	<b>AQUA ZUMBA®</b> ★ 9:30am-10:25am	<b>WATER LITE</b> ★ 9:30am-10:25am	<b>WATER</b> ★ 9:15am-10:10am	<b>WATER</b> ★ 8:15am-9:10am	<b>SWIM LESSONS</b> ●★ 10:30am-11:00am
<b>ADULT SWIM</b> 9:15am-1:00pm	<b>ADULT SWIM</b> 10:30am-1:00pm	<b>ADULT SWIM</b> 10:30am-1:00pm	<b>ADULT SWIM</b> 10:30am-1:00pm	<b>OPEN SWIM</b> 10:15am-8:30pm	<b>SWIM LESSONS</b> ●★ 9:15am-11:55am	<b>ADULT SWIM</b> 11:00am-12:00pm
<b>OPEN SWIM</b> 1:00pm-6:00pm	<b>OPEN SWIM</b> 1:00pm-6:00pm	<b>OPEN SWIM</b> 1:00pm-4:15pm	<b>OPEN SWIM</b> 1:00pm-6:00pm		<b>OPEN SWIM</b> 12:00pm-6:30pm	<b>OPEN SWIM</b> 12:00pm-6:30pm
<b>WATER</b> ★ 6:15pm-7:00pm	<b>ADULT SWIM</b> 6:00pm-9:30pm	<b>SWIM LESSONS</b> ●★ 4:30pm-6:10pm	<b>WATER POWER</b> ★ 6:15pm-7:10pm			
<b>ADULT SWIM LESSONS</b> ●★ 7:00pm-8:00pm		<b>AQUA GROOVE</b> ★ 6:15pm-7:10pm	<b>ADULT SWIM</b> 7:15pm-9:30pm			
<b>ADULT SWIM</b> 8:00pm-9:30pm		<b>ADULT SWIM</b> 7:15pm-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](http://thewac.motionvibe.com)**

**LAP** **TOTAL LENGTH = 25 YARDS • 35 LAPS (70 LENGTHS) = 1 MILE** 80-82°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ADULT SWIM</b> 5:00am-4:30pm	<b>ADULT SWIM</b> 5:00am-9:30pm	<b>ADULT SWIM</b> 5:00am-6:10pm	<b>ADULT SWIM</b> 5:00am-9:30pm	<b>ADULT SWIM</b> 5:00am-8:30pm	<b>ADULT SWIM</b> 6:30am-6:30pm	<b>ADULT SWIM</b> 6:30am-9:15am
<b>SWIM LESSONS</b> ●▲ 4:30pm-7:45pm		<b>SWIM LESSONS</b> ●▲ 6:10pm-7:00pm				<b>SWIM LESSONS</b> ●▲ 9:30am-11:45am
<b>ADULT SWIM</b> 7:45pm-9:30pm		<b>ADULT SWIM</b> 7:00pm-9:30pm				<b>ADULT SWIM</b> 11:45am-6:30pm