

EXERCISE				TOTAL LEN	IGTH = 14 YARDS • 6	4 LAPS (128 LENGTHS	5) = 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-9:15am	ADULT SWIM 5:00am-9:25am	ADULT SWIM 5:00am-9:10am	ADULT SWIM 6:30am-8:10am	ADULT SWIM 6:30am-10:15am	
WATER POWER 8:15am-9:10am	*	WATER LITE * 9:30am-10:25am	AQUA ZUMBA® * 9:30am-10:25am	WATER LITE*9:30am-10:25am	WATER * 9:15am-10:10am	WATER * 8:15am-9:10am	SWIM LESSONS •* 10:15am-11:00am	
ADULT SWIM 9:15am-1:00pm		ADULT SWIM 10:30am-1:00pm	ADULT SWIM 10:30am-1:00pm	ADULT SWIM 10:30am-1:00pm	OPEN SWIM 10:15am-8:30pm	SWIM LESSONS •* 9:15am-11:55am	ADULT SWIM 11:00am-12:00pm	
OPEN SWIM 1:00pm-6:00pm		OPEN SWIM 1:00pm-6:10pm	OPEN SWIM 1:00pm-4:15pm	OPEN SWIM 1:00pm-6:00pm		ADULT SWIM 12:00pm-1:00pm	OPEN SWIM 12:00pm-6:30pm	
WATER 6:15pm-7:10pm	*	ADULT SWIM 6:15pm-9:30pm	SWIM LESSONS •* 4:30pm-6:10pm	WATER POWER * 6:15pm-7:10pm		OPEN SWIM 1:15pm-6:30pm		
ADULT SWIM 7:15pm-9:30pm			AQUA GROOVE * 6:15pm-7:10pm	ADULT SWIM 7:15pm-9:30pm		NOTES		
			ADULT SWIM 7:15pm-9:30pm		 Indicates that re Adult Swim with Adult Swim: Open Open Swim: Oper must be supervise Private swim lesso both the Exercise a 	 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 		

LAP			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-6:10pm	ADULT SWIM 5:00am-9:30pm	ADULT SWIM 5:00am-8:30pm	ADULT SWIM 6:30am-6:30pm	ADULT SWIM 6:30am-9:15am	
SWIM LESSONS ●▲ 6:15pm-7:45pm		SWIM LESSONS 6:10pm-6:50pm				SWIM LESSONS 9:30am-11:40am	
ADULT SWIM 7:45pm-9:30pm		ADULT SWIM 6:50pm-9:30pm				ADULT SWIM 11:45am-6:30pm	

North Shore

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