



# WATER SCHEDULE

## SEPTEMBER-OCTOBER

**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-7:50am	<b>ADULT SWIM</b> 5:00am-8:15am	<b>ADULT SWIM</b> 5:00am-9:20am	<b>ADULT SWIM</b> 5:00am-9:25am	<b>ADULT SWIM</b> 5:00am-9:05am	<b>ADULT SWIM</b> 6:30am-8:05am	<b>ADULT SWIM</b> 6:30am-9:20am
<b>WATER POWER</b> ★ 8:00am-8:55am	<b>HIIT THE WATER</b> ●★ 8:15am-8:45am <i>9/10-10/1</i>	<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> ●★ 9:30am-10:45am
<b>ADULT SWIM</b> 9:00am-12:00pm	<b>WATER LITE</b> ★ 9:00am-9:55am	<b>ADULT SWIM</b> 10:30am-12:00pm	<b>ADULT SWIM</b> 10:30am-1:00pm	<b>ADULT SWIM</b> 10:15am-12:00pm	<b>SWIM LESSONS</b> ●★ 9:15am-11:30am	<b>ADULT SWIM</b> 10:50am-12:00pm
<b>OPEN SWIM</b> 12:00pm-6:05pm	<b>ADULT SWIM</b> 10:00am-1:00pm	<b>OPEN SWIM</b> 12:00pm-6:05pm	<b>OPEN SWIM</b> 1:00pm-6:00pm	<b>OPEN SWIM</b> 12:00pm-8:30pm	<b>OPEN SWIM</b> 11:45am-6:30pm	<b>OPEN SWIM</b> 12:00pm-6:30pm
<b>WATER</b> ★ 6:15pm-7:10pm	<b>OPEN SWIM</b> 1:00pm-4:15pm	<b>AQUA GROOVE</b> ★ 6:15pm-7:10pm	<b>WATER POWER</b> ★ 6:15pm-7:10pm			
<b>ADULT SWIM</b> 7:15pm-8:00pm	<b>SWIM LESSONS</b> ●★ 4:30pm-5:30pm	<b>ADULT SWIM</b> 7:15pm-9:30pm	<b>ADULT SWIM</b> 7:15pm-9:30pm			
	<b>OPEN SWIM</b> 5:35pm-6:05pm					
	<b>WATER</b> ★ 6:15pm-7:00pm					
	<b>ADULT SWIM</b> 7:10pm-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-5:50pm	<b>ADULT SWIM</b> 5:00am-5:30pm	<b>ADULT SWIM</b> 5:00am-9:30pm	<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-10:35am
<b>ADULT LEARN TO SWIM</b> ★ 6:00pm-7:00pm	<b>SWIM LESSONS</b> ●▲ 5:35pm-6:15pm			<b>LAP POOL WORKSHOPS</b>  <b>Flip Turns</b> Monday, September 9 • 5:30-6:30pm with Elyse H <b>Swim Stroke Analysis</b> Tuesday, September 24 • 6-7pm with Julie K Thursday, October 10 • 5:30-6:30pm with Elyse H		<b>SWIM LESSONS</b> ●▲ 10:40am-11:20am
<b>ADULT SWIM</b> 7:10pm-9:30pm	<b>ADULT SWIM</b> 6:15pm-9:30pm					<b>ADULT SWIM</b> 11:25am-6:30pm