

EXERCISE POOL

Total Length = 14 yards • 64 laps (128 lengths) = 1 mile 86°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-8:15am Adult Swim	5:00am-8:45am Adult Swim	5:00am-8:15am Adult Swim	5:00am-10:00am Adult Swim	5:00am-8:15am Adult Swim	6:30am-8:30am Adult Swim	
8:15am-9:10am Water Power ★	8:45am-9:55am Open Swim	8:15am-9:10am Water ★	10:00am-10:55am Joint Effort ★	8:15am-9:10am Water Power ★	8:30am-9:25am Water ★	
9:10am-9:30am Adult Swim	10:00am-10:55am Joint Effort ★	9:15am-9:30am Adult Swim	11:00am-12:00pm Adult Swim	9:15am-9:30am Adult Swim	9:30am-12:20pm Swim Lessons ★●	
9:30am-10:25am Water ★	11:00am-12:00pm Adult Swim	9:30am-10:25am Aqua Zumba® ★	12:00pm-4:00pm Open Swim	9:30am-10:25am Water ★	12:30pm-6:30pm Open Swim	
10:30am-2:00pm Adult Swim	12:00pm-4:00pm Open Swim	10:30am-12:00pm Adult Swim	4:00pm-6:10pm Swim Lessons ★●	10:30am-12:20pm Swim Lessons ★●		
2:00pm-6:00pm Open Swim	4:00pm-6:10pm Swim Lessons ★●	12:00pm-4:00pm Open Swim	6:15pm-7:10pm Water Power ★	12:15pm-8:30pm Open Swim		6:30am-9:30am Adult Swim
6:15pm-7:10pm Water ★	6:15pm-7:10pm Water Power ★	4:20pm-6:10pm Swim Lessons ★●	7:15pm-9:30pm Adult Swim			9:30am-10:25am Aqua Zumba® ★
7:15pm-9:30pm Adult Swim	7:15pm-9:30pm Open Swim	6:15pm-7:10pm Aqua Hip Hop ★				10:30am-12:00pm Adult Swim
		7:15pm-9:30pm Adult Swim				12:00pm-4:00pm Open Swim
						4:00pm-6:25pm Swim Lessons ★●

LAP POOL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-6:00pm Adult Swim	5:00am-5:15pm Adult Swim	5:00am-9:30pm Adult Swim	5:00am-5:30pm Adult Swim	5:00am-8:30pm Adult Swim	6:30am-6:30pm Adult Swim	
6:00pm-7:00pm Adult Lap Swim	5:15pm-6:15pm Swim Lessons ★●		5:30pm-6:10pm Swim Lessons ★●		12:15pm-12:55pm Swim Lessons ★●	
7:00pm-9:30pm Adult Swim	6:15pm-9:30pm Adult Swim		6:15pm-9:30pm Adult Swim			
						6:30am-6:30pm Adult Swim

PLEASE NOTE

- ★ 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**

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

**Aqua Hip Hop**

Let's bring the latest hip hop dance moves to the pool! This fat-burning, high-energy class will give you a full-body workout in the water.

**Aqua Zumba®**

Zumba hits the deck! This low impact choreographed class fuses Latin & International music and moves to create a dynamic and exciting water class.

**Joint Effort**

This class is designed to help improve muscle strength and flexibility with the aid of the water's buoyancy. This class is ideal for men and women with arthritis, muscle or joint impairment but is open to all.

**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**

This basic water class provides a cardiovascular workout, complete with toning and stretching. Similar to our Lite series, this class is perfect for the mature adult, those individuals new to fitness and anyone recovering from an injury.

**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!

**Private Lessons\***

WAC offers private and semi-private lessons that can be scheduled at your convenience. Please contact Aquatics Team Lead, Rebecca Johnson, at [rjohnson@thewac.com](mailto:rjohnson@thewac.com) for more information.

*\*Registration is required.*

# WATER SCHEDULE



[WWW.THEWAC.COM](http://WWW.THEWAC.COM)

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NORTH SHORE