

**Adult Swim**

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

**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.

**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.

**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.

**Swim Lessons\***

Swim Lessons for children 6 months to 15 years old. See Swim Lesson schedule for days, times and levels.

**Open Swim**

This time is for all individuals and supervised children are welcome.

**Private Lessons**

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

**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!

*\*Registration is required.*



# WATER SCHEDULE



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

7601 N. PORT WASHINGTON ROAD • 414.228.2800



NORTH SHORE

**EXERCISE POOL**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
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-12:30pm ★ ● 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	12:45pm-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-12:10pm ★ ● Swim Lessons	<b>SUNDAY</b>	
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	4:00pm-6:10pm ★ ● Swim Lessons	7:15pm-9:30pm Adult Swim	<b>PLEASE NOTE</b>  Private lessons may occur during Open & Adult Swim in both the Exercise & Lap Pool.  A rope may divide the exercise pool during lessons.	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	
5:00am-9:30pm 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-12:15pm Adult Swim	
	5:15pm-6:15pm ▲ ● Swim Lessons		5:30pm-6:10pm ▲ ● Swim Lessons		12:15pm-12:55pm ▲ ● Swim Lessons	
	6:15pm-9:30pm Adult Swim		6:15pm-9:30pm Adult Swim		1:00pm-6:30pm Adult Swim	
					<b>SUNDAY</b>	
					6:30am-6:30pm Adult Swim	

- ★ Indicates **No Swimming** – the pool is reserved for classes.
- Indicates that registration and/or additional fee may apply.
- ▲ Indicates limited lap availability.