

**EXERCISE POOL**

Total Length = 16 yards • 55 laps (110 lengths) = 1 mile 87°F

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00am-5:25am Adult Swim	4:00am-5:25am Adult Swim	4:00am-7:25am Adult Swim	4:00am-5:25am Adult Swim	4:00am-7:25am Adult Swim	6:30am-6:55am Adult Swim
5:30am-6:25am ★● Tabata in the Pool • Toni G	5:30am-6:25am ★ Water • Toni G	7:30am-8:25am ★ Water • Jeri K	5:30am-6:25am ★ Water • Toni G	7:30am-8:25am ★ Water • Karen J	7:00am-7:55am ★ Water • Rotation
6:30am-7:25am Adult Swim	6:30am-8:25am Adult Swim	8:30am-9:55am Adult Swim	6:30am-7:25am Adult Swim	8:30am-8:55am Adult Swim	8:00am-8:25am Adult Swim
7:30am-8:25am ★ Water • Jeri K	8:30am-9:25am ★ Water • Lys M	10:00am-10:55am ★ Water • Kathleen K	7:30am-8:25am ★ Water • Lys M	9:00am-9:55am ★ Water • Jen R	8:30am-12:00pm ★● Swim Lessons
8:30am-9:55am Adult Swim	9:30am-9:55am Adult Swim	11:00am-2:00pm Adult Swim	8:30am-9:25am ★ Water • Lys M	10:00am-2:00pm Adult Swim	12:05pm-5:25pm Open Swim
10:00am-10:55am ★ Water • Kathleen K	10:00am-11:00am ★● Swim Lessons	2:00pm-2:55pm ● Swim Lessons/Adult Swim	9:30am-9:55am Adult Swim	2:00pm-6:55pm Open Swim	5:25pm-6:30pm Adult Swim
11:00am-11:55am Adult Swim	11:00am-11:55am ● Swim Lessons/Open Swim	3:00pm-5:25pm ● Swim Lessons/Open Swim	10:00am-10:55am Open Swim	7:00pm-8:30pm Adult Swim	
12:00pm-12:55pm ★ Water • Mary B	12:00pm-12:55pm ★ Water • Joanna P	5:30pm-6:25pm ★ Aqua Zumba® • Elizabeth F	11:00am-11:55am Adult Swim		<b>SUNDAY</b>
1:00pm-2:55pm Adult Swim	1:00pm-3:55pm Adult Swim	6:30pm-11:30pm Adult Swim	12:00pm-12:55pm ★ Water • Kathie B	<div style="border: 1px solid gray; padding: 5px; text-align: center;"> <p>Schedule subject to change. For live schedule updates check <a href="http://schedule.thewac.com">schedule.thewac.com</a></p> </div> <div style="background-color: #FFD700; padding: 5px; text-align: center; margin-top: 5px;"> <p><b>PLEASE NOTE</b></p> <p>Private lessons may occur during Open &amp; Adult Swim in both the Exercise &amp; Lap Pool.</p> </div>	6:30am-8:25am Adult Swim
3:00pm-5:25pm Open Swim	4:00pm-6:00pm ★● Swim Lessons		1:00pm-1:30pm ★ Joint Effort EXPRESS • Kathie B		8:30am-9:25am ★ Water • Nancy H
5:30pm-6:25pm ★ Water • Elizabeth F	6:00pm-6:55pm ★● Adult Learn to Swim • Catherine Z		1:30pm-2:00pm Adult Swim		9:30am-11:00am ● Swim Lessons/Adult Swim
6:30pm-11:30pm Adult Swim	7:00pm-11:30pm Adult Swim		2:00pm-3:55pm ● Swim Lessons/Adult Swim		11:00am-12:00pm ● Swim Lessons/Open Swim
			4:00pm-6:00pm ★● Swim Lessons		12:00pm-1:30pm ● Swim Lessons/Adult Swim
			6:00pm-11:30pm Adult Swim	1:30pm-5:25pm Open Swim	1:30pm-5:25pm Open Swim
				5:25pm-6:30pm Adult Swim	5:25pm-6:30pm Adult Swim

★ Indicates No Swimming – the pool is reserved for classes  
● Indicates that registration and/or additional fee may apply.

**LAP POOL**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00am-5:25pm Adult Swim	4:00am-5:30pm Adult Swim	4:00am-5:55pm Adult Swim	4:00am-6:30pm Adult Swim	4:00am-8:30pm Adult Swim	6:30am-7:55am Adult Swim
5:30pm-6:25pm ● Swim Lessons/Adult Swim	5:35pm-6:35pm ★ Swim Club • Miranda D	6:00pm-7:00pm ★ Master Swim Practice	6:30pm-8:30pm ★● Tri Fit		8:00am-9:25am ★ Master Swim Practice •
6:30pm-11:30pm Adult Swim	6:30pm-6:55pm Adult Swim	7:00pm-11:30pm Adult Swim	8:30pm-11:30pm Adult Swim		9:30am-6:30pm Adult Swim
	7:00pm-7:55pm ★● Adult Learn to Swim • Catherine Z				<b>SUNDAY</b>
	8:00pm-11:30pm Adult Swim				6:30am-6:30pm Adult Swim

**Adult Learn to Swim (\$) (7)**

Have you ever wanted to learn how to swim or better your technique? This class is designed to teach you basic swim stroke techniques while building endurance. Come experience the benefits of adding swimming to your fitness regimen.

**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.

**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.

**Lessons (\$) (7)**

Lessons for all ages. Registration required.

**Open Swim**

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

**Master Swim Practice**

Adult fitness swimmers are encouraged to join our water coach in this lap-swimming workout. During class, participants will swim a series of sets and drills to build speed, endurance and strength. Registration is required. Sign up at Front Desk.

**Tabata in the Pool (\$) (7)**

Join us as we take this workout to the pool and create a low-impact, highly effective class featuring sets of exercises performed in timed intervals of all-out intensity followed by brief recovery periods. Expect to be progressively challenged as you burn calories, develop muscle definition and push to the next level of intensity.

**Tri Fit (Two Hour Class) (\$) (7)**

Whether you are aspiring to become a triathlete or just want to take your fitness up a level, Tri-Fit training can help get you there. This course will teach you how to become a stronger swimmer, more efficient biker, and better runner by improving your time, stroke and endurance.

7-Week 2-Hour Fee: \$120 member  
\$190 non-member

**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.

# W

## WATER SCHEDULE



WWW.THEWAC.COM

8700 W. WATERTOWN PLANK ROAD • 414.443.5000



WAUWATOSA