



**Adult Learn to Swim\***

Have you ever wanted to learn how to swim or improve 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.

**Master Swim Practice**

Adult fitness swimmers are encouraged to join our water coach in this complimentary 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.

**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.

**Tabata in the Pool\***

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**

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. This two-hour class has special pricing, please contact the programming team at your club 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.

# W

## WATER SCHEDULE

*\*Registration and/or additional fee may apply*



WWW.THEWAC.COM

8700 W. WATERTOWN PLANK ROAD • 414.443.5000



WAUWATOSA