

**EXERCISE POOL**

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

| MONDAY                                      | TUESDAY                                      | WEDNESDAY                                   | THURSDAY                                    | FRIDAY                       | SATURDAY                                     | SUNDAY                                      |
|---|--|---|---|------------------------------|--|---|
| 4:00am-5:25am<br>Adult Swim                 | 4:00am-5:25am<br>Adult Swim                  | 4:00am-7:25am<br>Adult Swim                 | 4:00am-5:25am<br>Adult Swim                 | 4:00am-7:25am<br>Adult Swim  | 6:30am-6:55am<br>Adult Swim                  |   |
| 5:30am-6:25am ★ ●<br>Tabata in the Pool     | 5:30am-6:25am ★<br>Water                     | 7:30am-8:25am ★<br>Water                    | 5:30am-6:25am ★<br>Water                    | 7:30am-8:25am ★<br>Water     | 7:00am-7:55am ★<br>Water                     |   |
| 6:30am-7:25am<br>Adult Swim                 | 6:30am-8:25am<br>Adult Swim                  | 8:30am-9:55am<br>Adult Swim                 | 6:30am-7:25am<br>Adult Swim                 | 8:30am-8:55am<br>Adult Swim  | 8:00am-8:25am<br>Adult Swim                  |   |
| 7:30am-8:25am ★<br>Water                    | 8:30am-9:25am ★<br>Water                     | 10:00am-10:55am ★<br>Water                  | 7:30am-8:25am ★<br>Water                    | 9:00am-9:55am ★<br>Water     | 8:30am-12:00pm<br>Private Lessons/Adult Swim |   |
| 8:30am-9:55am<br>Adult Swim                 | 9:30am-9:55am<br>Adult Swim                  | 11:00am-2:00pm<br>Adult Swim                | 8:30am-9:25am ★<br>Water                    | 10:00am-2:00pm<br>Adult Swim | 12:05pm-6:30pm<br>Adult Swim                 |   |
| 10:00am-10:55am ★<br>Water                  | 10:00am-11:55am<br>Private Lessons/Open Swim | 2:00pm-5:25pm<br>Private Lessons/Adult Swim | 9:30am-9:55am<br>Adult Swim                 | 2:00pm-4:55pm<br>Open Swim   |  |   |
| 11:00am-11:55am<br>Adult Swim               | 12:00pm-12:55pm ★<br>Water                   | 5:30pm-6:25pm ★<br>Aqua Zumba®              | 10:00am-10:55am<br>Open Swim                | 5:00pm-8:30pm<br>Adult Swim  |  |   |
| 12:00pm-12:55pm ★<br>Water                  | 1:00pm-3:55pm<br>Adult Swim                  | 6:30pm-11:30pm<br>Adult Swim                | 11:00am-11:55am<br>Adult Swim               |                              |  |   |
| 1:00pm-2:55pm<br>Adult Swim                 | 4:00pm-6:00pm<br>Private Lessons/Adult Swim  |   | 12:00pm-12:55pm ★<br>Water                  |                              |  | 6:30am-8:25am<br>Adult Swim                 |
| 3:00pm-5:25pm<br>Private Lessons/Adult Swim | 6:00pm-6:55pm ★ ●<br>Adult Learn to Swim     |   | 1:00pm-1:30pm ★<br>Joint Effort EXPRESS     |                              |  | 8:30am-9:25am ★<br>Water                    |
| 5:30pm-6:25pm ★<br>Water                    | 7:00pm-11:30pm<br>Adult Swim                 |   | 1:30pm-2:00pm<br>Adult Swim                 |                              |  | 9:30am-1:30pm<br>Private Lessons/Adult Swim |
| 6:30pm-11:30pm<br>Adult Swim                |  |   | 2:00pm-6:00pm<br>Private Lessons/Adult Swim |                              |  | 1:30pm-5:25pm<br>Open Swim                  |
|   |  |   | 6:00pm-11:30pm<br>Adult Swim                |                              |  | 5:25pm-6:30pm<br>Adult Swim                 |

**HOME SWEET HOME**

**Poolside Locker Renovation**  
Beginning May 2019

1. Current poolside changing will be unavailable to make way for 6 new changing rooms.
2. There will be limited Open Swim offered during renovation.
3. Private Swim Lessons may occur during Adult and Open Swim times in both pools.
4. For Open Swim planning, please be reminded that children over age 3 are not permitted in opposite sex locker rooms.

Thank you  
for your  
understanding.  
*It will be worth it!*

**LAP POOL**

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

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

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

**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.

**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.

**Tidal Wave Boot Camp (\$) (7)**

Make a splash in Tidal Wave as you transition from water to land (pool deck) and back. This progressive class will challenge you in all aspects of cardio, strength and beyond.

**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.

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## WATER SCHEDULE



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