

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.

LESSONS

Lessons for children of all ages. Registration required.

OPEN SWIM

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

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 FUSION

Step up your basic water class with Water Fusion. This aquatics class features a cardiovascular and toning workout designed to take you to the next level in water fitness.

WATER POWER

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



WWW.THEWAC.COM

1939 S. 108TH STREET • 414.321.2500



WEST ALLIS

EXERCISE POOL

Total Length = 16 yards • 27.5 laps (55 lengths) = 1/2 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00am-8:30am Adult Swim	12:00am-8:30am Adult Swim	12:00am-8:30am Adult Swim	12:00am-8:30am Adult Swim	12:00am-11:00am Adult Swim	12:00am-8:30am Adult Swim	
8:30am-9:25am ★ Water • Marlene I	8:30am-9:25am ★ Water • Kathie B	8:30am-9:25am ★ Water • Pat H	8:30am-9:25am ★ Water • Marlene I	12:00am-8:00pm ◆ Open Swim	8:30am-9:25am ★ Water Fusion • Eileen T	
9:30am-11:00am Adult Swim	9:30am-11:00am Adult Swim	9:30am-11:00am Adult Swim	9:30am-11:00am Adult Swim		9:30am-12:15pm ● Swim Lessons	
11:00am-6:00pm ◆ Open Swim	11:00am-5:00pm ◆ Open Swim	11:00am-6:30pm ◆ Open Swim	11:00am-7:00pm ◆ Open Swim		12:15pm-7:30pm ◆ Open Swim	
6:30pm-7:25pm ★ Water Power • Linda R	5:00pm-6:15pm ● Swim Lessons	6:30pm-7:25pm ★ Water Power • Linda R	7:00pm-12:00am Adult Swim			
7:30pm-12:00am Adult Swim	7:30pm-12:00am Adult Swim	7:30pm-12:00am Adult Swim				6:00am-10:00am Adult Swim
						10:00am-8:00pm ◆ Open Swim
						8:00pm-12:00am Adult Swim

Schedule subject to change. For live schedule updates check schedule.thewac.com

PLEASE NOTE

- ◆ Indicates *Infant Swim Resource* may occur.
- ★ Indicates No Swimming – the pool is reserved for classes.
- Indicates that registration and/or additional fee may apply.