

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	8:30am-9:25am ★ Water	8:30am-9:25am ★ Water	12:00am-8:30am Adult Swim	6:00am-10:00am Adult Swim
8:30am-9:25am ★ Water	8:30am-9:25am ★ Water	8:30am-9:25am ★ Water	9:30am-11:00am Adult Swim	9:30am-11:00am Adult Swim	8:30am-9:25am ★ Water Fusion	10:00am-8:00pm Open Swim
9:30am-11:00am Adult Swim	9:30am-11:00am Adult Swim	9:30am-11:00am Adult Swim	11:00am-5:30pm Open Swim	11:00am-8:00pm Open Swim	9:30am-12:15pm ★● Swim Lessons	8:00pm-12:00am Adult Swim
11:00am-5:00pm Open Swim	11:00am-4:30pm Open Swim	11:00am-6:30pm Open Swim	5:30pm-12:00am Adult Swim	8:00pm-12:00am Adult Swim	1:00pm-7:30pm Open Swim	
5:00pm-6:20pm ★● Swim Lessons	4:30pm-6:30pm ★● Swim Lessons	6:30pm-7:25pm ★ Water Power				
6:30pm-7:25pm ★ Water Power	7:30pm-12:00am Adult Swim	7:30pm-12:00am Adult Swim				
7:30pm-12:00am Adult Swim						

PLEASE NOTE

- ★ Indicates **No Swimming** the pool is reserved for classes.
- Indicates that registration and/or additional fee may apply.
- *Private swim lessons may occur during Open and Adult Swim in both the Exercise and Lap Pool.*

Adult Swim

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

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.

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

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!

**Class Registration is required.*

**WATER SCHEDULE**

WWW.THEWAC.COM

1939 S. 108TH STREET • 414.321.2500



WEST ALLIS