

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 children of all ages. Registration required.

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 BOOT CAMP

This boot-camp-style water workout is a progressive class that includes intense cardio, strength and conditioning intervals as well as speed and endurance work. Registration is required; see the Advanced schedule for details.

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.

W

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

PLEASE NOTE

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