



# WATER SCHEDULE

## JULY-AUGUST

**EXERCISE POOL** TOTAL LENGTH = 16 YARDS • 27.5 LAPS (55 LENGTHS) = 1/2 MILE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ADULT SWIM</b> 5:00am-7:55am	<b>ADULT SWIM</b> 5:00am-8:25am	<b>ADULT SWIM</b> 5:00am-8:25am	<b>ADULT SWIM</b> 5:00am-8:00am	<b>ADULT SWIM</b> 5:00am-8:25am
<b>WATER</b> ★ 8:00am-8:45am	<b>JOINT EFFORT</b> ★ 8:30am-9:25am	<b>WATER</b> ★ 8:30am-9:25am	<b>WATER</b> ★ 8:05am-9:00am	<b>WATER</b> ★ 8:30am-9:25am
<b>AQUA ZUMBA</b> ★ 9:20am-10:05am	<b>ADULT SWIM</b> 9:30am-1:00pm	<b>ADULT SWIM</b> 9:30am-11:00am	<b>JOINT EFFORT</b> ★ 9:30am-10:25am	<b>ADULT SWIM</b> 9:30am-12:00pm
<b>ADULT SWIM</b> 10:10am-1:00pm	<b>OPEN SWIM</b> 1:00pm-4:15pm	<b>OPEN SWIM</b> 11:00am-4:15pm	<b>ADULT SWIM</b> 10:30am-12:00pm	<b>OPEN SWIM</b> 12:00pm-4:00pm
<b>OPEN SWIM</b> 1:00pm-4:15pm	<b>SWIM LESSONS</b> ●★ 4:30pm-6:00pm	<b>SWIM LESSONS</b> ●★ 4:30pm-6:10pm	<b>OPEN SWIM</b> 12:00pm-4:50pm	<b>FAMILY SWIM</b> 4:00pm-7:30pm
<b>ADULT SWIM</b> 4:15pm-6:15pm	<b>ADULT SWIM</b> 6:10pm-12:00am	<b>WATER POWER</b> ★ 6:30pm-7:25pm	<b>SWIM LESSONS</b> ●★ 5:00pm-6:30pm	<b>ADULT SWIM</b> 7:30pm-10:00pm
<b>WATER POWER</b> ★ 6:30pm-7:25pm		<b>ADULT SWIM</b> 7:30pm-12:00am	<b>ADULT SWIM</b> 6:35pm-12:00am	
<b>ADULT SWIM</b> 7:30pm-12:00am				
SATURDAY	SUNDAY	NOTES		
<b>ADULT SWIM</b> 6:30am-8:15am	<b>ADULT SWIM</b> 6:30am-11:00am	Private swim lessons may be scheduled during both Open swim and Adult swim.		
<b>WATER POWER</b> ★ 8:30am-9:25am	<b>OPEN SWIM</b> 11:00am-4:00pm	★ Indicates <b>No Swimming</b> – the pool is reserved for classes.		
<b>SWIM LESSONS</b> ●★ 9:40am-12:30pm	<b>ADULT SWIM</b> 4:00pm-6:00pm	● Indicates that registration and additional fee may apply. Register on the WAC+ App.		
<b>OPEN SWIM</b> 12:45pm-4:00pm		Register for Water classes through the WAC App or visit <a href="http://thewac.motionvibe.com">thewac.motionvibe.com</a>		
<b>ADULT SWIM</b> 4:00pm-6:00pm				