

WCC Pool/Fitness Schedule

Online Signup: wrpd.recdesk.com

Call (530) 938-4685 with questions or to book a pool party!

Monday

Adult Swim 8:30-9am (quiet exercise)
Aqua Aerobics w Shirley 9-10am
OLAD 0504/CRN 3358 PRINCIPLES OF BALANCE WITH BECKY 9:15-10:15AM
Yoga w Jordan 9:20-10:20am
Open Swim 10-12pm & 3-5:15pm
PiYo w Lauren 10:30-11:30am
Senior Lunch 11-3pm
The How it Works Group (Closed AA Meeting) 12-1pm
Pool Reserved for Therapy 12-3pm
Zumba Gold w Carola 4-5pm
OLAD 0531/CRN 3359 Step Aerobics w Becky 5-5:50pm
Zumba Fitness w Carola 5:30-6:30pm

Tuesday

Adult Swim 8:30-10:30am (quiet exercise)
Yoga w Jordan 9:20-10:20am
Knitting w Brooke 10-12pm
Open Swim 10:30-5:30pm
OLAD 0531/CRN 3360 CIRCUIT TRAINING W BECKY 10:30-11:20AM
Ukulele Lessons w Dave 3:30-4:30pm
OLAD 0531/CRN 3359 Step Aerobics w Becky 5-5:50PM
Aqua Aerobics w Shirley 5:30-6:30pm
OLAD 0502 Yoga w Helen 5:30-7pm
XFW 0320 BELLY DANCING I WITH JENNIFER 6:30-7:30PM

Wednesday

Adult Swim 8:30-9am (quiet exercise)
Aqua Aerobics w Shirley 9-10am
OLAD 0504/CRN 3358 PRINCIPLES OF BALANCE WITH BECKY 9:15-10:15AM
Yoga w Jordan 9:20-10:20am
Open Swim 10-12pm & 3-5:15pm
PiYo w Lauren 10:30-11:30am
Pool Reserved for Therapy 12-3pm
Beginning Sewing w Kathy 4-5:30pm
NA Meeting 7- 8pm

Thursday

Adult Swim 8:30-10am (quiet exercise)
Open Swim 10-4:45pm
OLAD 0531/CRN 3360 CIRCUIT TRAINING W BECKY 10:30-11:20AM
Zumba Gold w Carola 10:45-11:45am
Beginning Sewing w Kathy 4-5:30pm
Aqua Zumba w Carola 4:45-5:15pm
OLAD 0531/CRN 3359 Step Aerobics w Becky 5-5:50pm
Aqua Aerobics w Shirley 5:30-6:30pm
Zumba Fitness w Carola 5:30-6:30pm
OLAD 0502 Yoga w Helen 5:30-7pm
Knitting w Brooke 6-8pm

Friday

Adult Swim 8:30-9am (quiet exercise)
Aqua Aerobics w Shirley 9-10am
Open Swim 10-12pm & 3-5:15pm
Pool Reserved for Therapy 12-3pm
AA Meeting 6:45-8:45pm

Saturday

Zumba Gold w Carola 10-11am
AA Meeting 6:45-8pm

One day every two months on the *2nd Saturday of the month* there is a Sobriety in the Siskiyou Meeting 10-11AM

One day a month on the *1st Sunday of the month* there is an AA District Meeting 9:30-11:30AM

updated 2/4/2020

CLASS SCHEDULES

GROCERY
OUTLET
bargain market