

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 9-10am
Yoga 9:20-10:20am
Senior Lunch 11-3pm
Open Swim 10-12pm
Pool Reserved 12-3pm
PiYo 10:30-11:30am
Self-Paced Swim 3-5:15pm
Zumba Gold 4-5pm
Zumba Fitness 5:30-6:30pm
COS-Body Dynamics & the Aging Process with Becky 5:30-6:35pm

Tuesday

Adult Swim 8:30-10:30am (quiet exercise)
Yoga 9:20-10:20am
Open Swim 10-3pm
Ukulele Lessons 3:30-4:30pm
OLAD 0502 - Mind-Body
Health YOGA 5:30-6:35pm
COS-Body Dynamics & the Aging Process with Becky 5:30-6:35pm
Belly Dancing 6:30-7:30pm
Self-Paced Swim 3-5:15pm

Wednesday

Adult Swim 8:30-9am (quiet exercise)
Aqua Aerobics 9-10am
Yoga 9:20-10:20am
Open Swim 10-12pm
Pool Reserved 12-3pm
PiYo 10:30-11:30am
Self-Paced Swim 3-5:15pm

Thursday

Adult Swim 8:30-10am (quiet exercise)
Open Swim 10-12pm
Zumba Gold 11-12pm
Rotary Meeting 11:30-1:30pm
Pool Reserved 12-3pm
Self-Paced Swim 3-5:15pm
Zumba Fitness 5:30-6:30pm
OLAD 0502 - Mind-Body
Health YOGA 5:30-6:35pm
COS-Body Dynamics & the Aging Process with Becky 5:30-6:35pm
NA Meeting 7- 8pm

Friday

Adult Swim 8:30-9am (quiet exercise)
Aqua Aerobics 9-10am
Open Swim 10-12pm
Pool Reserved 12-3pm
Self-Paced Swim 3-5:15pm
AA Meeting 6:45-8:45pm

Saturday

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

Sunday

AA District Meeting