

CLASS SCHEDULES

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**

Open Swim **10-12pm & 3-5:15pm**

Pool Reserved for Therapy **12-3pm**

Aqua Aerobics w Kim **4:30-5:30pm**

Zumba Gold w Carola **4-5pm**

Zumba Fitness w Carola **5:30-6:30pm**

Tuesday

Adult Swim **8:30-10:30am** (quiet exercise)

Open Swim **10:30-5:30pm**

Aqua Aerobics w Shirley **5:30-6:30pm**

Wednesday

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**

All Open Swim Equals a Self Paced Class

Thursday

Adult Swim **8:30-10am** (quiet exercise)

Open Swim **10-4:45pm**

Zumba Gold w Carola **10:45-11:45am**

Aqua Zumba w Carola **4:45-5:15pm**

Aqua Aerobics w Shirley **5:30-6:30pm**

Zumba Fitness w Carola **5:30-6:30pm**

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**

Saturday

Zumba Gold w Carola **10-11am**

updated 4/15/2020

