

KUDIS AQUATIC CENTER SCHEDULE



| MON | TUE | WED | THU | FRI | SAT |
|--|---|---|---|---|------------------------------------|
| 6:00 - 9:45 am Adult Swim | 6:00 - 9:45 am Adult Swim | 6:00 - 8:00 am Adult Swim | 6:00 - 9:45 am Adult Swim | 6:00 - 10:00 am Adult Swim | 7:00 - 8:30 am Adult Swim |
| 10:00 -11:00 am Silver Sneakers Splash Jane | 10:00 - 10:45 am Golden Oldies Water Aerobics Cindy | 8:00 - 11:00 am Rental | 10:00 -11:00 am Silver Sneakers Cardio Jane | 10:00 -11:00 am H2O Cardio Blast Jane | 8:30 - 9:30 am Aqua Fit Jane |
| 11:00 - 12:00 pm Aqua Arthritis Energizer Jane | 11:00 - 1:00 pm Adult Swim | 11:00 - 12:00 pm Fit & Splash Aqua Yoga Cindy, Amy, & Pam | 11:00 - 12:00 pm Aqua HIIT - Total Body Cardio Jane | 11:10 - 12:00 pm Aqua Arthritis Jane | 10:00 - 12:00 pm Adult Swim |
| 12:00 - 1:00 pm Adult Swim | 4:00 - 5:00 pm Adult Swim | 12:00 - 1:00 pm Adult Swim | 12:00 - 1:00 pm Adult Swim | 12:00 - 1:00 pm Adult Swim | 12:00 - 2:00 pm Combined Swim |
| 4:00 - 4:45 pm Adult Swim | 5:00 - 5:30 pm Combined Swim | 4:00 - 5:30 pm Adult Swim | 4:00 - 5:00 pm Adult Swim | 4:00 - 5:00 pm Adult Swim | SUN |
| 4:45 - 6:45 pm Combined Swim | 5:30 - 8:00 pm Swim Lessons | 5:30 - 8:00 pm Swim Lessons | 5:00 - 6:00 pm Combined Swim | 5:00 - 5:45 pm Combined Swim | |
| 7:00 - 7:45 pm Aqua Zumba Heather | | | 6:15 - 7:15 pm Aqua Fit - Cardio & Toning Jane | | |
| | | | 7:15 - 7:45 pm Adult Swim | | CLOSED |

Effective: June 1, 2025 - August 15, 2025

The pool is only available for members during the time specified on this schedule for the specific activity noted. Schedule is subject to change.

Combined Swim = Family / Adult / 2 Lap Lanes

Adult Swim = Adult / 2 Lap Lanes

5/15/25

412-520 -SWIM

www.wilmerdingcommunitycenter.org