

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT SWIM & 2 LAP LANES 6 – 11 AM	ADULT SWIM & 2 LAP LANES 6 – 10:30 AM	ADULT SWIM & 2 LAP LANES 6 – 10:30 AM	ADULT SWIM & 2 LAP LANES 6 – 9 AM	ADULT SWIM & 2 LAP LANES 6 – 10 AM	ADULT SWIM & 2 LAP LANES 7 – 8:30 AM
SILVER SPLASH! AQUA AEROBICS <u>Low Impact</u> (Jane) 11:00–11:45 AM	DEEP WATER AEROBICS (Tammy) 10:30-11:15	PRAISE WAVES SCRIPTURE STRETCH (Tammy) 10:30-11:15	<u>CARDIO SILVER SPLASH!</u> <u>Heart Workout</u> (Jane) 9 – 10 AM	CARDIO H20 – HIGH INTENSITY <u>Advanced</u> (Jane) 10 – 11 AM	SWEAT BOOT CAMP (Class changes weekly) <u>Advanced</u> (Jane) 8:30 – 9:35 AM
DEEP WATER AEROBICS <u>Intermediate</u> (Jane) 11:50-12:35 PM	SHALLOW AEROBICS (Tammy) 11:15-12:00	SHALLOW AEROBICS (Tammy) 11:15-12:00	H2O INTERVAL <u>Intermediate</u> (Jane) 10:15–11:15AM	ADULT SWIM & 2 LAP LANES 11 – 1 PM	ADULT SWIM & 2 LAP LANES 10 – 11 AM
ADULT SWIM & 2 LAP LANES 12:35 – 1 PM	ADULT SWIM & 2 LAP LANES 12:00 – 1 PM	ADULT SWIM & 2 LAP LANES 12:00 – 1 PM	ADULT SWIM & 2 LAP LANES 11:15 – 1 PM		FAMILY SWIM REGISTRATION 11 – 12 PM
CLOSED 1 – 4 PM	CLOSED 1 – 4 PM	CLOSED 1 – 4 PM	CLOSED 1 – 4 PM	CLOSED 1 – 4 PM	
ADULT SWIM & 2 LAP LANES 4 – 5 PM	FAMILY SWIM REGISTRATION 4 – 5 PM	ADULT SWIM & 2 LAP LANES 4 – 5:30 PM	FAMILY SWIM REGISTRTRAIION 4:00 – 4:45 PM OR 4:45 – 5:30 PM	ADULT SWIM & 2 LAP LANES 4 – 5 PM	
FAMILY SWIM REGISTRATION 5 – 6 PM	ADULT SWIM & 2 LAP LANES 5 – 6 PM	SWIM LESSONS Session 3 5:30 – 8 PM	ADULT SWIM & 2 LAP LANES 5:30 – 6:15 PM	FAMILY SWIM REGISTRATION 5 – 6 PM	
ADULT SWIM & 2 LAP LANES 6 – 7 PM	SWIM LESSONS Session 3 6 – 8 PM		AQUA MUSCLE CONDITIONING <u>Advanced</u> (Jane) 6:15 – 7:15		
AQUA ZUMBA (Heather) 7 – 8 PM			ADULT SWIM & 2 LAP LANES 7:15 – 8 PM		

*Pool schedule subject to change*

**Lap Swim & Adult Swim:** 2 lap lanes for lap exercise and training, open area for exercise. 21 and older only for open area. Lap usage under 21 must have permission from WCC.

**Family swim:** **REGISTRATION IS REQUIRED.** Max of 14 in shallow end and 9 in deep end. Parent/Guardian/Grandparent AND children/grandchildren in the water together. During covid there will be no lap lane usage. Must be all the same family unit – not a group of friends. Must be within arms reach in the water. STAY CLOSE TOGETHER. DO NOT INVADE ANOTHERS SPACE.  
No Adults without children under 18 as this takes away from the families that can swim.

**During classes and SWIM LESSONS, only class participants permitted in the pool except where noted and registrations are required.**

<b>MONDAY</b>	6:00 – 11:00	ADULT SWIM WITH 2 LAP LANES
	11:00 – 11:45	SILVER SPLASH AQUA AEROBICS WITH JANE (low impact)
	11:50 – 12:35	DEEP WATER AEROBICS WITH JANE (intermediate)
	12:35 – 1:00	ADULT SWIM WITH 2 LAP LANES
	1:00 – 4:00	CLOSED
	4:00 – 5:00	ADULT SWIM WITH 2 LAP LANES
	5:00 – 6:00	FAMILY SWIM REGISTRATION REQUIRED
	6:00 – 7:00	ADULT SWIM WITH 2 LAP LANES
	7:00 – 8:00	AQUA ZUMBA with HEATHER
<b>TUESDAY</b>	6:00 – 10:30	ADULT SWIM WITH 2 LAP LANES
	10:30 – 11:15	DEEP WATER AEROBICS WITH TAMMY
	11:15 – 12:00	SHALLOW AEROBICS WITH TAMMY
	12:00 – 1:00	ADULT SWIM WITH 2 LAP LANES
	1:00 – 4:00	CLOSED
	4:00 – 5:00	FAMILY SWIM REGISTRATION REQUIRED
	5:00 – 6:00	ADULT SWIM WITH 2 LAP LANES
	6:00 – 8:00	SWIM LESSONS
<b>WEDNESDAY</b>	6:00 – 10:30	ADULT SWIM WITH 2 LAP LANES
	10:30 – 11:15	PRAISE WAVES SCRIPTURE STRETCH WITH TAMMY
	11:15 – 12:00	SHALLOW AEROBICS WITH TAMMY
	12:00 – 1:00	ADULT SWIM WITH 2 LAP LANES
	1:00 – 4:00	CLOSED
	4:00 – 5:30	ADULT SWIM WITH 2 LAP LANES
	5:30 – 8:00	SWIM LESSONS
<b>THURSDAY</b>	6:00 – 9:00	ADULT SWIM WITH 2 LAP LANES
	9:00 – 10:00	CARDIO SILVER SPLASH! WITH JANE (heart workout)
	10:15 – 11:15	H2O INTERVAL WITH JANE (intermediate)
	11:15 – 1:00	ADULT SWIM WITH 2 LAP LANES
	1:00 – 4:00	CLOSED
	4:00 – 4:45	FAMILY SWIM REGISTRATION REQUIRED PART 1
	4:45 – 5:30	FAMILY SWIM REGISTRATION REQUIRED PART 2
	5:30 – 6:15	ADULT SWIM WITH 2 LAP LANES
	6:15 – 7:15	AQUA MISCLE CONDITIONING WITH JANE (advanced)
	7:15 – 8:00	ADULT SWIM WITH 2 LAP LANES
<b>FRIDAY</b>	6:00 – 10:00	ADULT SWIM WITH 2 LAP LANES
	10:00 – 11:00	CARDIO H2O – HIGH INTENSITY WITH JANE (advanced)
	11:00 – 1:00	ADULT SWIM WITH 2 LAP LANES
	1:00 – 4:00	CLOSED
	4:00 – 5:00	ADULT SWIM WITH 2 LAP LANES
	5:00 – 6:00	FAMILY SWIM REGISTRATION REQUIRED
<b>SATURDAY</b>	7:00 – 8:30	ADULT SWIM WITH 2 LAP LANES
	8:30 – 10:00	HIGH IMIPACT INTERVAL TRAINING WITH JANE with rest time
	10:00 – 11:00	ADULT SWIM WITH 2 LAP LANES
	11:00 – 12:00	FAMILY SWIM REGISTRATION REQUIRED