

KUDIS AQUATIC CENTER SCHEDULE

412-520-SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	ADULT	ADULT	ADULT	ADULT	ADULT		
:15	SWIM	SWIM	SWIM	SWIM	SWIM		
:30	& 2	& 2	& 2	& 2	& 2		
:45	LAP LANES	LAP LANES	LAP LANES	LAP LANES	LAP LANES		
7:00 AM						ADULT	
:15						SWIM	
:30						& 2	
:45						LAP LANES	
8:00 AM							Sundays
:15							Will
:30		WATER				CARDIO H2O	Return
:45		AEROBICS				Fun Calorie Killer	То
9:00 AM		Bobbi		SILVER SNEAKER		Jane	The
:15		ADULT SWIM		Splash, Shake, Roll			Schedule
:30		& 2		Jane			In
:45		LAP LANES					the
10:00 AM				AQUA HIIT	CARDIO H2O	ADULT	Fall
:15		WATER		INTERVAL CLASS	AQUA AEROBIC	SWIM	
:30		AEROBICS		Full body FAT BURN	For fast FAT BURN	& 2	
:45		Bobbi		Jane	Jane	LAP LANES	
11:00 AM	SILVER SNEAKER	ADULT SWIM	EXERCISE	5.110	ADULT	22	
:15	Splash, Shake, Roll	& 2	ON	ADULT	SWIM		
:30	Jane	LAP LANES	YOUR	SWIM	& 2	FAMILY	
:45	June		OWN	& 2	LAP LANES	SWIM BY	
12:00 PM	DEEP WATER		OWIN	LAP LANES		RESERVATION	
:15	Fat Burning			LAI LAIVES		I KESEKVATION	
:30	Jane					ADULT	
:45	ADULT SWIM					SWIM	Watch
1:00 PM	ADOLI SVIIVI					& 2	Postings
:15		F	OOL CLOS	FD		LAP LANES	For
:30						LAI LAINES	"BONUS"
:45		MC	NDAY — FR	HDAY			Sundays
2:00 PM			EVERYDA	/		POOL	Sanadys
:15			LVLIVIUM	I		RENTAL	
:30			O REGULA	TE		ILEIVIAE	
:45		Λ		 ΛΙΝΙ		OR ADULT	
3:00 PM		A	ND MAINT	 		OKABOLI	
:15		WATI	R TEMPER	ATURE			
:30							
:45		AN	D CLEANLII	NESS			
4:00 PM	ADULT	FAMILY	ADULT	1 - FAMILY	ADULT		
:15	SWIM	SWIM BY	SWIM	SWIM BY	SWIM		
:30	& 2	RESERVATION	& 2	RESERVATION	& 2		
:45	LAP LANES	RESERVATION	LAP LANES	2 - FAMILY	LAP LANES		
5:00 PM	FAMILY	ADULT	LAI LAIVES	SWIM BY	FAMILY		
:15	SWIM BY	SWIM		RESERVATION	SWIM BY		
:30	RESERVATION	& 2	SWIM	ADULT	RESERVATION		
:45	RESERVATION	LAP LANES	LESSONS	SWIM	RESERVATION	ASK AT	
6:00 PM	ADULT	SWIM	530-8 PM	& 2 LAP LANE		THE FRONT	
:15	SWIM	LESSONS	230-6 PIVI	CARDIO		DESK FOR	
	8 2			H2O		PARTY AND	
:30		6-8 PM		Calorie Killer Class			
:45	LAP LANES					RENTAL	
7:00 PM	AQUA			Jane		INFORMATION	EFFECTIVE
:15	ZUMBA			ADULT		ON FRIDAYS	
:30	CLASS			SWIM		SATURDAYS &	4/17/22
:45 8:00 PM	Heather			& 2 LAP LANE		SUNDAYS	·, - · ,
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MONDAY	6:00 – 11:00	ADULT SWIM WITH 2 LAP LANES	Lap Swim & Adult
	11:00 - 11:45	SILVER SNEAKER SPLASH SHAKE ROLL with JANE	
	11:50 – 12:35	DEEP WATER FAT BURNING with JANE	Swim: 2 lap lanes for
	12:35 - 1:00	ADULT SWIM WITH 2 LAP LANES	lap exercise and
	1:00 - 4:00	CLOSED	training, open area fo
	4:00 - 5:00	ADULT SWIM WITH 2 LAP LANES	exercise. 21 and older
	5:00 – 6:00	FAMILY SWIM REGISTRATION REQUIRED	only for open area. La
	6:00 – 7:00	ADULT SWIM WITH 2 LAP LANES	usage under 21 must
	7:00 – 8:00	AQUA ZUMBA with HEATHER	have permission from
TUESDAY	6:00 – 8:30	ADULT SWIM WITH 2 LAP LANES	wcc.
	8:30 – 9:15	WATER AEROBICS with BOBBI	1100.
	9:15 – 10:10	ADULT SWIM WITH 2 LAP LANES	Family assiss
	10:10 – 10:55	WATER AEROBICS with BOBBI	Family swim:
	11:00 - 1:00	ADULT SWIM WITH 2 LAP LANES	REGISTRATION IS
	1:00-4:00	CLOSED	REQUIRED. Max of 14
	4:00 – 5:00	FAMILY SWIM REGISTRATION REQUIRED	in shallow end and 9 i
	5:00 – 6:00	ADULT SWIM WITH 2 LAP LANES	deep end.
	6:00 – 8:00	SWIM LESSONS	Parent/Guardian/Gra
WEDNESDAY	6:00 – 11:00	ADULT SWIM WITH 2 LAP LANES	parent AND
	11:00 – 12:00	EXERCISE ON YOUR OWN	children/grandchildre
	12:00 – 1:00	ADULT SWIM WITH 2 LAP LANES	
	1:00 – 4:00	CLOSED	in the water together
	4:00 – 5:30	ADULT SWIM WITH 2 LAP LANES	During covid there wi
	5:30 - 8:00	SWIM LESSONS	be no lap lane usage.
THURSDAY	6:00 – 9:00	ADULT SWIM WITH 2 LAP LANES	Must be all the same
	9:00 – 10:00	SILVER SNEAKER SPLASH SHAKE ROLL with JANE	family unit – <u>not a</u>
	10:15 – 11:15	AQUA HIIT INTERVAL CLASS FULL BODY FAT BURN w/ JANE	group of friends. Mus
	11:15 – 1:00	ADULT SWIM WITH 2 LAP LANES	be within arms reach
	1:00 – 4:00	CLOSED	the water. STAY CLOS
	4:00 – 4:45	FAMILY SWIM REGISTRATION REQUIRED PART 1	
	4:45 – 5:30	FAMILY SWIM REGISTRATION REQUIRED PART 2	TOGETHER. DO NOT
	5:30 – 6:15 6:15 – 7:15	ADULT SWIM WITH 2 LAP LANES CARDIO H20 CALORIE KILLER CLASS with JANE	INVADE ANOTHERS
	7:15 – 8:00	ADULT SWIM WITH 2 LAP LANES	SPACE.
FRIDAY	6:00 – 10:00	ADULT SWIM WITH 2 LAP LANES	No Adults without
FRIDAT	10:00 – 11:00	CARDIO H20 AQUA AEROBIC FAST FAT BURN with JANE	<u>children under 18 as</u>
	11:00 – 1:00	ADULT SWIM WITH 2 LAP LANES	this takes away from
	1:00 - 4:00	CLOSED	the families that can
	4:00 – 5:00	ADULT SWIM WITH 2 LAP LANES	swim.
	5:00 – 6:00	FAMILY SWIM REGISTRATION REQUIRED	<u> </u>
SATURDAY	7:00 – 8:30	ADULT SWIM WITH 2 LAP LANES	D
SATORDAT	8:30 – 10:00	CARDIO H20 FUN CALORIE KILLER with JANE	During classes and SWIM LESSONS, only
	10:00 – 11:30	ADULT SWIM WITH 2 LAP LANES	class participants
	11:30 – 12:30	FAMILY SWIM REGISTRATION REQUIRED	permitted in the pool
	12:30 – 2:00	ADULT SWIM WITH 2 LAP LANES	except where noted
	2:00 – 3:00	POOL RENTAL – adult swim will continue if no party scheduled.	and registrations are
SUNDAY	CLOSED	Bonus Sundays will have separate schedule posted	required.
	11:00 - 12:30	ADULT SWIM WITH 2 LAP LANES	
	12:30 - 1:15	FAMILY SWIM REGISTRATION REQUIRED PART 1	Party Rentals:
	1:15 – 2:00	FAMILY SWIM REGISTRATION REQUIRED PART 2	Guard on duty will
\		s schedule (and are subject to change without notice) scheduled	know scheduled parti

WCC Hours as of this schedule (and are subject to change without notice) <code>scheduled.</code> |

Monday - Thursday 6am - 8pm - c

Friday 6am - 6pm Saturday 7am – 3pm

Sunday: CLOSED (except bonus Sundays)

ap Swim & Adult

wim: 2 lap lanes for ap exercise and raining, open area for xercise. 21 and older only for open area. Lap sage under 21 must ave permission from VCC.

amily swim:

REGISTRATION IS REQUIRED. Max of 14 n shallow end and 9 in leep end. arent/Guardian/Grand arent AND :hildren/grandchildren n the water together. Ouring covid there will e no lap lane usage. Aust be all the same amily unit – <u>not a</u> roup of friends. *Must* e within arms reach in he water. STAY CLOSE OGETHER. DO NOT **NVADE ANOTHERS** PACE. Io Adults without hildren under 18 as his takes away from

Party Rentals:

Guard on duty will now scheduled parties