



Wilmerding Community Center

KUDIS AQUATIC CENTER FALL 2022 SCHEDULE

412-520-SWIM

www.wilmerdingcommunitycenter.org

	MONDAY 6 am – 8 pm	TUESDAY 6 am – 8 pm	WEDNESDAY 6 am – 8 pm	THURSDAY 6 am – 8 pm	FRIDAY 6 am – 6 pm	SATURDAY 7 am – 1 pm	SUNDAY
6:00 AM	5 HOURS OF ADULT SWIM & 2 LAP LANES	3 HOURS OF ADULT SWIM & 2 LAP LANES	5 HOURS OF ADULT SWIM & 2 LAP LANES	3 HOURS OF ADULT SWIM & 2 LAP LANES	4 HOURS OF ADULT SWIM & 2 LAP LANES		
:15							
:30							
:45							
7:00 AM						90 MINUTE ADULT SWIM & 2 LAP LANES	
:15							
:30							
:45							
8:00 AM							Sundays Will Return To The Schedule In November
:15							
:30							
:45							
9:00 AM		SHALLOW AEROBICS <i>Bobbi</i> 9-9:45		SILVER SNEAKER Splash, Shake, Roll <i>Jane</i>		CARDIO H2O Calorie Killer Class <i>Jane</i>	
:15							
:30							
:45							
10:00 AM		SHALLOW & DEEP <i>Bobbi</i> 9:50 start		AQUA HIIT INTERVAL CLASS Full body FAT BURN <i>Jane</i>	CARDIO H2O AQUA AEROBIC <i>For fast FAT BURN</i> <i>Jane</i>	90 MINUTE ADULT SWIM & 2 LAP LANES	
:15							
:30							
:45							
11:00 AM	SILVER SNEAKER Splash, Shake, Roll <i>Jane</i>	2 HOURS OF ADULT SWIM & 2 LAP LANES	FIT & SPLASH WITH JUDI & AMY	1.45 HOURS OF ADULT SWIM & 2 LAP LANES	2 HOURS OF ADULT SWIM & 2 LAP LANES		
:15							
:30							
:45							
12:00 PM	DEEP WATER Fat Burning <i>Jane</i>					45 MINUTE FAMILY SWIM #1	
:15							
:30							
:45	ADULT SWIM					45 MINUTE FAMILY SWIM #2	Watch Postings For "BONUS" Sundays
1:00 PM	POOL CLOSED MONDAY – FRIDAY EVERYDAY TO REGULATE AND MAINTAIN WATER TEMPERATURE AND CLEANLINESS					POOL RENTAL <i>After hours</i>	
:15							
:30							
:45							
2:00 PM							
:15							
:30							
:45							
3:00 PM							
:15							
:30							
:45							
4:00 PM	60 MINUTE ADULT SWIM & 2 LAP LANES	60 MINUTE ADULT SWIM & 2 LAP LANES	90 MINUTE ADULT SWIM & 2 LAP LANES	60 MINUTE ADULT SWIM & 2 LAP LANES	60 MINUTE ADULT SWIM & 2 LAP LANES		
:15							
:30							
:45							
5:00 PM	FAMILY	LAP	FAMILY	LAP	FAMILY	LAP	
:15	ADULT		ADULT		ADULT		
:30							
:45							
6:00 PM	Water Aerobics <i>Bobbi</i>	SWIM LESSONS 6-8 PM	SWIM LESSONS 530-8 PM	class arriving		POOL RENTAL <i>After hours</i>	
:15				CARDIO H2O			
:30				Calorie Killer Class <i>Jane</i>			
:45							
7:00 PM	AQUA ZUMBA CLASS <i>Heather</i>	No one in the pool except for those that paid for swim lessons and checked in at front desk					
:15				45 MINUTE			
:30				ADULT SWIM			
:45				& 2 LAP LANES			
8:00 PM							EFFECTIVE 9/12/22

MONDAY	6:00 – 11:00	ADULT SWIM WITH 2 LAP LANES
	11:00 – 11:45	SILVER SNEAKER SPLASH SHAKE ROLL with JANE
	11:50 – 12:35	DEEP WATER FAT BURNING with JANE
	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	COMBINED SWIMMING: FAMILY – ADULT – LAP
	6:00 – 6:45	WATER AEROBICS WITH BOBBI
7:00 – 8:00	AQUA ZUMBA with HEATHER	
TUESDAY	6:00 – 9:00	ADULT SWIM WITH 2 LAP LANES
	9:00 – 9:45	SHALLOW AEROBICS with BOBBI
	9:50 – 10:50	SHALLOW & DEEP AEROBICS with BOBBI
	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	COMBINED SWIMMING: FAMILY – ADULT – LAP
6:00 – 8:00	SWIM LESSONS	
WEDNESDAY	6:00 – 11:00	ADULT SWIM WITH 2 LAP LANES
	11:00 – 12:00	WATER AEROBICS WITH JUDI & AMY
	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	
THURSDAY	6:00 – 9:00	ADULT SWIM WITH 2 LAP LANES
	9:00 – 10:00	SILVER SNEAKER SPLASH SHAKE ROLL with JANE
	10:15 – 11:15	AQUA HIIT INTERVAL CLASS FULL BODY FAT BURN w/ JANE
	11:15 – 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	COMBINED SWIMMING: FAMILY – ADULT – LAP
	6:00 – 6:15	CLEAR POOL, REMOVE LINES FOR CLASS
6:15 – 7:15	CARDIO H2O CALORIE KILLER CLASS with JANE	
7:15 – 8:00	ADULT SWIM WITH 2 LAP LANES	
FRIDAY	6:00 – 10:00	ADULT SWIM WITH 2 LAP LANES
	10:00 – 11:00	CARDIO H2O AQUA AEROBIC FAST FAT BURN with JANE
	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	COMBINED SWIMMING: FAMILY – ADULT – LAP	
SATURDAY	7:00 – 8:30	ADULT SWIM WITH 2 LAP LANES
	8:30 – 10:00	CARDIO H2O FUN CALORIE KILLER with JANE
	10:00 – 11:30	ADULT SWIM WITH 2 LAP LANES
	11:30 – 12:15	#1 FAMILY SWIM – RESERVATIONS REQUIRED
	12:15 – 1:00	#2 FAMILY SWIM – RESERVATIONS REQUIRED
SUNDAY	CLOSED	Bonus Sundays will have separate schedule posted
	11:00 – 12:30	ADULT SWIM WITH 2 LAP LANES
	12:30 – 1:15	FAMILY SWIM REGISTRATION REQUIRED PART 1
	1:15 – 2:00	FAMILY SWIM REGISTRATION REQUIRED PART 2
	2:00 – 3:00	POOL RENTAL – adult swim will continue if no party schedule
3:00 – 4:00	ADULT SWIM WITH 2 LAP LANES	

WCC Hours as of this schedule (and are subject to change without notice)

Monday – Thursday 6am – 8pm

Friday 6am – 6pm

Saturday 7am – 1pm

Sunday : CLOSED (except bonus Sundays)

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.

COMBINED: FAMILY & ADULT & LAP SWIM REGISTRATION IS REQUIRED. Must inform us if you will be in shallow or deep for your entire swim. Family spots are limited due to lap lanes. Adults permitted to use the pool at same time in the deep end. Using shallow end is at your discretion as most of the families will be in shallow.

Family swim weekends: REGISTRATION IS REQUIRED. Max of 14 in shallow end and 10 in deep end. Must pass guards swim test for deep water. Parent/Guardian/Grandparent AND children/grandchildren in the water together. 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.

Party Rentals: Potential pool rental days and times are listed below:
Fridays 6pm-7pm
Saturdays 1pm-3pm
Sundays 2pm-3pm
Front desk will know