



KUDIS AQUATIC CENTER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
6:00 AM	ADULT SWIM & 2 LAP LANES	ADULT SWIM & 2 LAP LANES	ADULT SWIM & 2 LAP LANES	ADULT SWIM & 2 LAP LANES	ADULT SWIM & 2 LAP LANES						
7:00 AM						ADULT SWIM & 2 LAP LANES					
8:00 AM						CARDIO H2O Fun Calorie Killer					
9:00 AM				SILVER SNEAKER Splash, Shake, Roll Jane		Jane					
10:00 AM				AQUA HIIT INTERVAL CLASS Full body FAT BURN Jane	CARDIO H2O AQUA AEROBIC For fast FAT BURN Jane	ADULT SWIM & 2 LAP LANES					
11:00 AM	SILVER SNEAKER Jane	DEEP WATER CLASS TAMMY	PRAISE WAVES STRETCH TAMMY	ADULT SWIM & 2 LAP LANES	ADULT SWIM & 2 LAP LANES	FAMILY SWIM BY RESERVATION	ADULT SWIM & 2 LAP LANES				
12:00 PM	DEEP WATER Fat Burning Jane	ADULT SWIM & 2 LAP LANES	ADULT SWIM & 2 LAP LANES	LAP LANES		ADULT SWIM & 2 LAP LANES	1 - FAMILY SWIM BY RESERVATION				
1:00 PM	POOL CLOSED MONDAY – FRIDAY EVERYDAY TO REGULATE AND MAINTAIN WATER TEMPERATURE AND CLEANLINESS						2 - FAMILY SWIM BY RESERVATION				
2:00 PM						POOL RENTAL OR ADULT	POOL RENTAL OR ADULT				
3:00 PM							ADULT SWIM & 2 LAP LANES				
4:00 PM						ADULT SWIM & 2 LAP LANES	FAMILY SWIM BY RESERVATION	ADULT SWIM & 2 LAP LANES	1 - FAMILY SWIM BY RESERVATION	ADULT SWIM & 2 LAP LANES	
5:00 PM						FAMILY SWIM BY RESERVATION	ADULT SWIM & 2 LAP LANES	ADULT SWIM LESSONS 530-8 PM	2 - FAMILY SWIM BY RESERVATION	FAMILY SWIM BY RESERVATION	
6:00 PM	ADULT SWIM & 2 LAP LANES	ADULT SWIM LESSONS 6-8 PM		& 2 LAP LANE CARDIO H2O Calorie Killer Class Jane	ASK AT THE FRONT DESK FOR PARTY AND RENTAL INFORMATION ON FRIDAYS	EFFECTIVE 11/22/21					
7:00 PM	AQUA ZUMBA CLASS Heather			ADULT SWIM & 2 LAP LANE							
8:00 PM											

MONDAY	6:00 – 11:00	ADULT SWIM WITH 2 LAP LANES	<p>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.</p> <p>Family swim: REGISTRATION IS REQUIRED. Max of 14 in shallow end and 9 in deep end. Parent/Guardian/Grand parent AND children/grandchildren in the water together. During covid there will be no lap lane usage. <u>Must</u> be all the same family unit – <u>not</u> a group of friends. <u>Must</u> be within arms reach in the water. STAY CLOSE TOGETHER. DO NOT INVADE ANOTHERS SPACE.</p> <p><u>No Adults without children under 18 as this takes away from the families that can swim.</u></p> <p>During classes and SWIM LESSONS, only class participants permitted in the pool except where noted and registrations are required.</p> <p>Party Rentals: Guard on duty will know scheduled parties</p>
	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	FAMILY SWIM REGISTRATION REQUIRED	
	6:00 – 7:00	ADULT SWIM WITH 2 LAP LANES	
7:00 – 8:00	AQUA ZUMBA with HEATHER		
TUESDAY	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	
WEDNESDAY	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	
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 – 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	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	FAMILY SWIM REGISTRATION REQUIRED	
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 – 12:30	FAMILY SWIM REGISTRATION REQUIRED	
	12:30 – 2:00	ADULT SWIM WITH 2 LAP LANES	
	2:00 – 3:00	POOL RENTAL – adult swim will continue if no party scheduled.	
SUNDAY	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 scheduled.	
	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 – 3pm - Sunday 11am – 4pm