

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							
:15							
:30						CARDIO H2O	
:45						Fun Calorie Killer	
9:00 AM				SILVER SNEAKER		Jane	
:15				Splash, Shake, Roll			
:30				Jane			
:45							
10:00 AM				AQUA HIIT	CARDIO H2O	ADULT	
:15				INTERVAL CLASS	AQUA AEROBIC	SWIM	
:30		DEEP WATER	PRAISE WAVES	Full body FAT BURN	For fast FAT BURN	& 2	
:45		CLASS	STRETCH	Jane	Jane	LAP LANES	
11:00 AM	SILVER SNEAKER	Татту	Tammy		ADULT		ADULT
:15	Splash, Shake, Roll	SHALLOW	SHALLOW	ADULT	SWIM		SWIM
:30	Jane	CLASS	CLASS	SWIM	& 2	FAMILY	& 2
:45		Татту	Tammy	& 2	LAP LANES	SWIM BY	LAP LANES
12:00 PM	DEEP WATER	ADULT	ADULT	LAP LANES		RESERVATION	
:15	Fat Burning	SWIM	SWIM				
:30	Jane	& 2	& 2			ADULT	1 - FAMILY
:45	ADULT SWIM	LAP LANES	LAP LANES			SWIM	SWIM BY
1:00 PM						& 2	RESERVATION
:15		h	OOL CLOS	EU		LAP LANES	2 - FAMILY
:30		MC	NDAY — FR	IDAY			SWIM BY
:45							RESERVATION
2:00 PM			EVERYDA'	Υ		POOL	POOL
:15			O REGULA	T F		RENTAL	RENTAL
:30			O NEGOE/			00.40117	00 401117
:45		AND MAINTAIN				OR ADULT	OR ADULT
3:00 PM		\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	ER TEMPER	ATLIDE			ADULT
:15		VVAII	EN TEIVIPEN	ATUNE			SWIM
:30 :45		AND CLEANLINESS					& 2 LAP LANES
	ADILIT	EANAILV	ADILIT	1 FAMILY	ADULT		LAP LANES
4:00 PM	ADULT	FAMILY SWIM BY	ADULT	1 - FAMILY	ADULT SWIM		
:15	SWIM & 2	SWIM BY RESERVATION	SWIM & 2	SWIM BY RESERVATION	8 2		
:45	LAP LANES	NESERVATION	LAP LANES	2 - FAMILY	LAP LANES		
5:00 PM	FAMILY	ADULT	LAF LAINES	SWIM BY	FAMILY		
	SWIM BY	SWIM		RESERVATION			
:15	RESERVATION	& 2	SWIM	ADULT	SWIM BY RESERVATION		
:45	NESERVATION	LAP LANES	LESSONS	SWIM	RESERVATION		
6:00 PM	ADULT	SWIM	530-8 PM	& 2 LAP LANE			
:15	SWIM	LESSONS	330-6 FIVI	CARDIO	ASK AT		
:30	& 2	6-8 PM		H2O	THE FRONT		
:45	LAP LANES	0-0 F W		Calorie Killer Class	DESK FOR		
7:00 PM	AQUA			Jane	PARTY AND		
:15	ZUMBA			ADULT	RENTAL	EFFECTIVE	
:30	CLASS			SWIM	INFORMATION		
:45	Heather			& 2 LAP LANE	ON FRIDAYS	11/22/21	
8:00 PM	HEULHEI			Q Z LAF LAINE	ON FRIDATS		
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MONDAY	6:00 – 11:00	ADULT SWIM WITH 2 LAP LANES	
MONDAT	11:00 – 11:45	SILVER SNEAKER SPLASH SHAKE ROLL with JANE	Lap Swim & Adult
	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 for
	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. Lap
	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 - 10:30	ADULT SWIM WITH 2 LAP LANES	WCC.
	10:30 - 11:15	DEEP WATER AEROBICS WITH TAMMY	WCC.
	11:15 – 12:00	SHALLOW AEROBICS WITH TAMMY	
	12:00 - 1:00	ADULT SWIM WITH 2 LAP LANES	Family swim:
	1:00 - 4:00	CLOSED	REGISTRATION IS
	4:00 - 5:00	FAMILY SWIM REGISTRATION REQUIRED	REQUIRED. Max of 14
	5:00 – 6:00	ADULT SWIM WITH 2 LAP LANES	in shallow end and 9 in
	6:00 – 8:00	SWIM LESSONS	deep end.
WEDNESDAY	6:00 - 10:30	ADULT SWIM WITH 2 LAP LANES	Parent/Guardian/Grand
	10:30 - 11:15	PRAISE WAVES SCRIPTURE STRETCH WITH TAMMY	parent AND
	11:15 – 12:00	SHALLOW AEROBICS WITH TAMMY	children/grandchildren
	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 will
	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. Must
	11:15 – 1:00	ADULT SWIM WITH 2 LAP LANES	be within arms reach in
	1:00 – 4:00	CLOSED	the water. STAY CLOSE
	4:00 - 4:45 4:45 - 5:30	FAMILY SWIM REGISTRATION REQUIRED PART 1 FAMILY SWIM REGISTRATION REQUIRED PART 2	TOGETHER. DO NOT
	5:30 – 6:15	ADULT SWIM WITH 2 LAP LANES	INVADE ANOTHERS
	6:15 – 7:15	CARDIO H20 CALORIE KILLER CLASS with JANE	
	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
	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	<u>swim</u> .
	5:00 - 6:00	FAMILY SWIM REGISTRATION REQUIRED	
SATURDAY	7:00 – 8:30	ADULT SWIM WITH 2 LAP LANES	During classes and
	8:30 - 10:00	CARDIO H20 FUN CALORIE KILLER with JANE	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	11:00 – 12:30	ADULT SWIM WITH 2 LAP LANES	required.
	12:30 – 1:15	FAMILY SWIM REGISTRATION REQUIRED PART 1	
	1:15 - 2:00	FAMILY SWIM REGISTRATION REQUIRED PART 2	Party Rentals:
	2:00 – 3:00	POOL RENTAL – adult swim will continue if no party scheduled.	Guard on duty will
	3:00 – 4:00	ADULT SWIM WITH 2 LAP LANES	know scheduled parties
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