

## KUDIS AQUATIC CENTER SCHEDULE

412-520-SWIM

www.wilmerdingcommunitycenter.org

	MOND		TUESDAY	WEDNESDAY	THURSDAY	FRIDA		SATURD		SUNDAY	
6:00 AM	6 am – 745		6 am – 6 pm	6 am – 530 pm	6 am – 745 pm	6 am - 545		7 am – 145	pm	12 noon – 3	pm
	5 HOURS ADULT SV		3 HOURS OF	5 HOURS OF	3 HOURS OF ADULT SWIM	4 HOURS ADULT SV					
:15	ADULI 31 & 2		ADULT SWIM & 2	ADULT SWIM & 2	& 2	& 2					
:30 :45	م ک LAP LAN			LAP LANES	LAP LANES	LAP LAN					
		IES	LAP LANES	LAP LAINES	LAP LAINES		15		гг		
7:00 AM								90 MINU			
:15								ADULT SW			
:30								& 2 LAP LA	INES		
:45 8:00 AM											
:15 :30								CARDIC			
								CARDIC	,		
:45 9:00 AM								H2O	o.		
•					SILVER SNEAKER			Calorie Killer	Class		
:15					Splash, Shake, Roll			Jane			
:30					Jane						
:45			40114								
10:00 AM			AQUA AEROBICS		AQUA HIIT	CARDIO H	120	SWIM			
:15			Golden Oldies		INTERVAL CLASS	AQUA AER	OPIC	LESSON	s		
								10 am – 11:3			
:30 :45			Judi & Cindy		Full body FAT BURN	For fast FAT	DURN	10 am - 11:3	o ani		
:45 11:00 AM	SILVEI	2		FIT & SPLASH	Jane	Jane AQUA					
11:00 AM :15	SILVEI			JUDI & AMY	1.45 HOURS OF	AQUA					
							1115				
:30	Splash, Shak	е, коп		& AQUA YOGA	ADULT SWIM	JANE					
:45	Jane			PAM	& 2						
12:00 PM	Walk Fit	:			LAP LANES	1 HOUR	OF				
:15	Fat Burn	ing				ADULT SV	VIM				
:30	Jane	0				& 2					
:45	ADULT S\	MIM				LAP LAN	IES				
1:00 PM					<b>D</b>			FAMILY			
:15				POOL CLOSE	ע			and	LAP		
:30			M	DNDAY – FRI	DAY			ADULT		FAMILY	
:45				EVERYDAY						and	d v l
2:00 PM					_			If There is a	naal	ADULT	
:15 :30				TO REGULAT	E			Party sched			
:45			A	ND MAINTA	IN			Saturday			
3:00 PM				ER TEMPERA				the			
:15								family/adul		If There is a p	
:30			AN	D CLEANLIN	ESS			Time will		Party schedu	
:45								Adjusted	ł.	Sunday -	
4:00 PM	Child Ca		90 MINUTE	Child Care	60 MINUTE	60 MINU				the	. // -
:15	Swim Us		ADULT SWIM	Swim Usage	ADULT SWIM	ADULT SV		Check at t		family/adult Time will b	
:30 :45	ONLY		& 2 LAP LANES	ONLY 45 MINUTE	& 2 LAP LANES	& 2 LAP LA		Desk upo Arrival.		Adjusted	
5:00 PM				ADULT SWIM		entry.		Arrivai.		Aujusteu	1.
:15				& 2 LAP LANES	FAMILY	FAMILY	-			Check at t	ha
:15	FAMILY	0	SWIM	SWIM	and	and	LAP			Desk upo	
:30	and	LAP	LESSONS	LESSONS	ADULT	ADULT				Desk upo Arrival.	
:45 6:00 PM	ADULT		530-8 PM	530-8 PM	class arriving	POOL PA	RTV			Arrival.	
			330-8 PIVI	550-6 PIVI	Class arriving	RENTA					
:15 :30					H2O	REINTA	L.				
:30 :45	class transition					After hours					
:45 7:00 PM	class transition				Calorie Killer Class After hours		uls				
	AQUA		No one in the pool except for		Jane	4				EFFECT	IV
:15	ZUMB	A	those that paid		30 MINUTE					Е	

:45	Heather	& 2 LAP LANES		4/1/2024	
8:00 PM	*POOL CLOSES 15 MINUT	S BEFORE BUILDING TO ENSURE EVERYONE HAS TIME TO BE CHANGED AND LEAVE BY CLO	SING*		
MONDAY	6:00 - 10:45	ADULT SWIM WITH 2 LAP LANES	Lap	Swim & Adult	
	10:50 - 11:50	Silver Sneaker Splash with JANE	Swim: 2 lap lanes		
	12:00 - 12:45	Aqua Arthritis Energizer Class with JANE	· · ·		
1:00 - 4:00		CLOSED	for lap swimming		
	4:00 - 4:45	CHILD CARE SWIM USAGE ONLY		, open area for	
	4:45 - 6:45	COMBINED SWIMMING: FAMILY – ADULT – LAP		rcise or free	
	7:00 - 8:00	Aqua Zumba with HEATHER		m. Not using	
TUESDAY	6:00 - 9:45	ADULT SWIM WITH 2 LAP LANES Golden Oldies Water Aerobics with JUDI & CINDY	lap	lanes correctly?	
	10:00 - 10:45 11:00 - 1:00	ADULT SWIM WITH 2 LAP LANES	A gi	uard will have	
	11.00 - 1.00 1:00 - 4:00	CLOSED	you	move to open	
	4:00 - 5:30	ADULT SWIM WITH 2 LAP LANES	are	a. 21 and older	
	5:30 - 8:00	SWIM LESSONS	only	y for open area.	
WEDNESD		ADULT SWIM WITH 2 LAP LANES	_	usage under 21	
WEDNESD/	11:00 - 12:00	FIT & SPLASH with JUDI & AMY / AQUA YOGA with PAM		st have	
	12:00 - 1:00	ADULT SWIM WITH 2 LAP LANES			
	1:00 - 4:00	CLOSED		mission from	
	4:00 - 4:45	CHILD CARE SWIM USAGE ONLY	WC	C.	
	4:45 - 5:30	ADULT SWIM WITH 2 LAP LANES		MBINED:	
	5:30 - 8:00	SWIM LESSONS			
THURSDAY	6:00 - 9:00	ADULT SWIM WITH 2 LAP LANES		<u>/ILY &amp; ADULT</u>	
	9:00 - 10:00	Silver Sneaker Cardio with JANE		AP SWIM	
	10:15 - 11:15	Aqua HIIT Total Body Cardio with JANE		SISTRATION IS	
	11:15 - 1:00	ADULT SWIM WITH 2 LAP LANES	REC	<mark>UIRED</mark> . Must	
	1:00 - 4:00	CLOSED	infc	orm us if you	
	4:00 - 5:00	ADULT SWIM WITH 2 LAP LANES	will	be in shallow	
	5:00 - 6:00	COMBINED SWIMMING: FAMILY – ADULT – LAP	or c	leep for your	
	6:00 - 6:15	CLEAR POOL, REMOVE LINES FOR CLASS		ire swim.	
	6:15 – 7:15	Aqua Fit Cardio and Toning with JANE		nily spots are	
	7:15 - 7:45	ADULT SWIM WITH 2 LAP LANES		ted due to lap	
FRIDAY	6:00 - 10:00	ADULT SWIM WITH 2 LAP LANES		es. Adults	
	10:00 - 11:00	H20 Cardio Blast with JANE			
	11:10 - 12:00 12:00 - 1:00	Aqua Arthritis with JANE ADULT SWIM WITH 2 LAP LANES	1 .	mitted to use	
	12.00 - 1.00 1:00 - 4:00	CLOSED		pool at same	
	4:00 - 5:00	ADULT SWIM WITH 2 LAP LANES		e in the deep	
	5:00 - 5:45	COMBINED SWIMMING: FAMILY – ADULT – LAP		. Using shallow	
SATURDAY		ADULT SWIM WITH 2 LAP LANES	end end	is at adult's	
0/110110/11	8:30 - 9:30	Agua Fit with JANE	disc	retion.	
		•	_		
	10:00 - 12:00	SWIM LESSONS		<u>nily swim</u> :	
	12:00 - 2:00	COMBINED SWIMMING: FAMILY – ADULT - LAP	REC	<mark>ISTRATION IS</mark>	
SUNDAY	12:00 - 3:00	COMBINED SWIMMING: FAMILY – ADULT - LAP	<u>REC</u>	QUIRED. Max of	
*POOL CLOSE	S 15 MINUTES BEFORE BUIL	DING TO ENSURE EVERYONE HAS TIME TO BE CHANGED AND LEAVE BY CLOSING*	14 i	n shallow end	
	ours as of this scho	lule (and are subject to change without notice)	and	10 in deep	
	end	. Must pass			
	guards swim test				
	for deep water.				
		Parent/Guardian/G			
		dparent AND			
				dren/	
			grai	ndchildren in	

the water together. There will be no lap lane