

KUDIS AQUATIC CENTER SCHEDULE



MON	TUE	WED	THU	FRI	SAT
6:00 - 9:45 am Adult Swim	6:00 - 9:45 am Adult Swim	6:00 - 11:00 am Adult Swim	6:00 - 9:45 am Adult Swim	6:00 - 10:00 am Adult Swim	7:00 - 8:30 am Adult Swim
10:00 -11:00 am Silver Sneakers Splash Jane	10:00 - 10:45 am Golden Oldies Water Aerobics Judi & Cindy	11:00 - 11:30 am Fit & Splash Judi & Cindy	10:00 -11:00 am Silver Sneakers Cardio Jane	10:00 -11:00 am H2O Cardio Blast Jane	8:30 - 9:30 am Aqua Fit Jane
11:00 - 12:00 pm Aqua Arthritis Energizer Jane	11:00 - 1:00 pm Adult Swim	11:30 - 12:00 pm Aqua Yoga Pam	11:00 - 12:00 pm Aqua HIIT - Total Body Cardio Jane	11:10 - 12:00 pm Aqua Arthritis Jane	10:00 - 12:00 pm Adult Swim
12:00 - 1:00 pm Adult Swim	4:00 - 5:00 pm Child Care	12:00 - 1:00 pm Adult Swim	12:00 - 1:00 pm Adult Swim	12:00 - 1:00 pm Adult Swim	12:00 - 2:00 pm Combined Swim
4:00 - 4:45 pm Adult Swim	5:00 - 5:30 pm Adult Swim	4:00 - 5:30 pm Adult Swim	4:00 - 5:00 pm Child Care	4:00 - 5:00 pm Adult Swim	SUN
4:45 - 6:45 pm Combined Swim	5:30 - 8:00 pm Swim Lessons	5:30 - 8:00 pm Swim Lessons	5:00 - 6:00 pm Combined Swim	5:00 - 5:45 pm Combined Swim	CLOSED
7:00 - 7:45 pm Aqua Zumba Heather			6:15 - 7:15 pm Aqua Fit - Cardio & Toning Jane		
			7:15 - 7:45 pm Adult Swim		

9-2-2024

Combined Swim = Family / Adult / 2 Lap Lanes
Adult Swim = Adult / 2 Lap Lanes

The pool is only available for members during the time specified on this schedule for the specific activity noted. Schedule is subject to change.
Effective 6/2024

412-520 -SWIM
www.wilmerdingcommunitycenter.org