



# WAVERLEY OAKS ATHLETIC CLUB

Effective 8/2/19



## Aquatics Schedule: Summer 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL	LAP SWIM (4) 5:00 - 9:45 a.m.	LAP SWIM (4) 5:00 - 10:45 a.m.	LAP SWIM (4) 5:00 - 9:45 a.m.	LAP SWIM (4) 5:00 - 10:45 a.m.	LAP SWIM (4) 5:00 - 9:45 a.m.	LAP SWIM (4) 7:00 - 9:45 a.m.	LAP SWIM (4) 7:00 - 9:45 a.m.
	10:00 - 10:45 a.m. AQUACISE Dory	11:00 - 12:00 a.m. AQUAFit De	10:00 - 10:45 a.m. AQUACISE Rochelle	11:00 - 12:00 a.m. AQUAFit Dore	10:00 - 11:00 a.m. AQUA BURST B. Swain	10:00 - 11:00 a.m. LOUD & PROUD Emilia	10:00 - 11:00 a.m. CARDIO SCULPT Staff
	LAP SWIM (2) 11:00 - 1:00 p.m.	LAP SWIM (2) 12:15 - 1:30 p.m.	LAP SWIM (2) 11:00 - 1:00 p.m.	LAP SWIM (2) 12:15 - 1:30 p.m.	LAP SWIM (2) 11:15 - 1:00 p.m.	LAP SWIM (4) 11:15 - 1:00 p.m.	LAP SWIM (4) 11:15 - 1:00 p.m.
	LAP SWIM(4) 1:00 - 3:30 p.m.	LAP SWIM(4) 1:00 - 3:30 p.m.	LAP SWIM(4) 1:00 - 3:30 p.m.	LAP SWIM(4) 1:00 - 3:30 p.m.	LAP SWIM(4) 1:00 - 3:30 p.m.	FAMILY SWIM 1:00 - 6:00 p.m.	FAMILY SWIM 1:00 - 6:00 p.m.
	FAMILY SWIM 3:30 - 5:30 p.m.	FAMILY SWIM 3:30 - 5:30 p.m.	FAMILY SWIM 3:30 - 5:30 p.m.	FAMILY SWIM 3:30 - 5:30 p.m.	FAMILY SWIM 3:30 - 8:30 p.m.	LAP SWIM (4) 6:00 - 7:30 p.m.	LAP SWIM (4) 6:00 - 7:30 p.m.
	LAP SWIM (4) 5:30 - 6:45 p.m.	LAP SWIM (4) 5:30 - 6:45 p.m.	LAP SWIM (4) 5:30 - 6:45 p.m.	LAP SWIM (4) 5:30 - 9:30 p.m.		<b>Pool Hours:</b> Monday - Thursday 5:00am - 9:30pm Friday 5:00am - 8:30pm Saturday & Sunday 7:00am - 7:30pm	
	7:00 - 8:00 p.m. SPLASH TRACK Dory	7:00 - 8:00 p.m. LOUD & PROUD Emilia	7:00 - 8:00 p.m. HYDRO CHALLENGE Dory				
	LAP SWIM (4) 8:15 - 9:30 p.m.	LAP SWIM (4) 8:15 - 9:30 p.m.	LAP SWIM (4) 8:15 - 9:30 p.m.				

For holidays/weather delay hours check the website:  
[www.waverleyoaks.com](http://www.waverleyoaks.com)

All 10am Water Fitness Classes use the ENTIRE POOL  
Monday, Wednesday, Friday, Saturday and Sunday

The Club may use one lane during lap swim for a private lesson with a member

One lap lane is available during Family Swim and Water Fitness Classes with less than 20 participants