



WAVERLEY OAKS

ATHLETIC CLUB

Aquatics Schedule: Fall 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	11:00a - 12:00p AQUAFit De	10:00 - 10:45 a.m. AQUACISE Rochelle	11:00a - 12:00p 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 Jim
	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 (3) 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) 1:30 - 3:30 p.m.	LAP SWIM(4) 1:00 - 3:30 p.m.	LAP SWIM(4) 1:30 - 3:30 p.m.	LAP SWIM(4) 1:00 - 3:30 p.m.	SWIM Lessons 11:00 - 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.	SWIM Lessons 3:30 -6:30 p.m.	FAMILY SWIM 1:00 - 6:00 p.m.	FAMILY SWIM 1:00 - 6:00 p.m.
	SWIM Lessons 3:30 -6:30 p.m.	SWIM Lessons 3:30 -6:30 p.m.	SWIM Lessons 3:30 -6:30 p.m.	LAP SWIM (2) 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 (3) 5:30 - 6:45 p.m.	LAP SWIM (3) 5:30 - 6:45 p.m.	LAP SWIM (3) 5:30 - 6:45 p.m.	LAP SWIM (4) 5:30 - 6:45 p.m.			
	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	7:00 - 8:00 p.m. CARDIO SCULPT Jim STARTS 9/19			
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.	LAP SWIM (4) 8:15 - 9:30 p.m.				

Pool Hours:
Monday - Thursday
 5:00am - 9:30pm
Friday
 5:00am - 8:30pm
Saturday & Sunday
 7:00am - 7:30pm

Saturdays from 1-6pm no lap lanes will be available

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

For holidays/weather delay hours check the website:

www.waverleyoaks.com

One lap lane is available during Family Swim (except Sat) and Water Fitness Classes at 11am and 7pm

EFFECTIVE: September 9th, 2019