



WAVERLEY OAKS

ATHLETIC CLUB

Aquatics Schedule: Winter 2020



	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 - 9:15 a.m.	LAP SWIM (4) 7:00 - 9:45 a.m.
	10:00 - 10:45 a.m. AQUACISE Dory		10:00 - 10:45 a.m. AQUACISE Staff		10:00 - 10:45 a.m. AQUA BURST Sinceree	9:30 - 10:15 a.m. LOUD & PROUD Emilia	10:00 - 11:00 a.m. CARDIO SCULPT Jim
		11:00a - 12:00p AQUAFit De		11:00a - 12:00p AQUAFit Dore		10:30 - 11:15 a.m. LOUD & PROUD Emilia	
	LAP SWIM (2) 11:00 - 1:00 p.m.	LAP SWIM (2) 12:00 - 1:30 p.m.	LAP SWIM (2) 11:00 - 1:00 p.m.	LAP SWIM (2) 12:00 - 1:30 p.m.	LAP SWIM (2) 11:00 - 1:00 p.m.	LAP SWIM (3) 11:15 - 1:00 p.m.	LAP SWIM (3) 11:00 - 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.		
	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.	SWIM Lessons 12:00 - 6:00 p.m.	Private Lessons 11:30 - 6:00 p.m.
		SWIM Lessons 3:30 - 6:30 p.m.	Private Lessons 3:30 - 6:30 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 (3) 5:30 - 6:45 p.m.		Private Lessons 3:30 - 6:30 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		Private Lessons Not Scheduled On Each Day Listed	
	LAP SWIM (4) 8:15 - 10:30 p.m.	LAP SWIM (4) 8:15 - 10:30 p.m.	LAP SWIM (4) 8:15 - 10:30 p.m.	LAP SWIM (4) 8:15 - 10:30 p.m.			

Pool Hours:
Monday - Thursday
 5:00am - 10:30pm
Friday
 5:00am - 8:30pm
Saturday & Sunday
 7:00am - 7:30pm

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

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

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: January 12th, 2020