

WAVERLEY OAKS ATHLETIC CLUB

Aquatics Schedule Starting Sept. 25th



WAVERLEY OAKS
ATHLETIC CLUB

For holidays/weather delay hours
check the website:

www.waverleyoaks.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL	LAP SWIM (4) 5:15 - 9:45 a.m.	LAP SWIM (4) 5:15 - 10:45 a.m.	LAP SWIM (4) 5:15 - 9:45 a.m.	LAP SWIM (4) 5:15 - 10:45 a.m.	LAP SWIM (4) 5:15 - 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		10:00 - 10:45 a.m. AQUACISE Rochelle		10:00 - 11:00 a.m. AQUAfit Rochelle		
		11:00 - 12:00 p.m. AQUAfit De		11:00 - 12:00 p.m. AQUAfit Jackie		10:00 - 11:00 a.m. LOUD & PROUD Emilia	10:00 - 11:00 a.m. CARDIO SCULPT Kristen
	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.		
	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.
	LAP SWIM (2) 3:30 - 5:30 p.m.	SWIM Lessons 3:30 - 6:30 p.m.	LAP SWIM (2) 3:30 - 5:30 p.m.	SWIM Lessons 3:30 - 6:30 p.m.	FAMILY SWIM 3:30 - 8:30 p.m.	LAP SWIM (3) 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 (2) 5:30 - 6:45 p.m.	LAP SWIM (4) 5:30 - 6:45 p.m.	LAP SWIM (2) 5:30 - 6:45 p.m.		Pool Hours: Monday - Thursday 5:15am - 10:30pm Friday 5:15am - 8:30pm Saturday & Sunday 7:00am - 7:30pm	
	7:00 - 8:00pm SPLASH TRACK Dory	7:00 - 8:00pm LOUD & PROUD Emilia	7:00 - 8:00pm HYDRO CHALLENGE Dory	7:00 - 8:00pm CARDIO SCULPT Kristen			
	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.	All 10am Water Fitness Classes use the ENTIRE POOL Monday, Wednesday, Friday, Saturday and Sunday Sat. from 2-5pm no lap lanes will be available		

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