



WAVERLEY OAKS

ATHLETIC CLUB

Aquatics Schedule



	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		10:00 - 10:45 a.m. AQUACISE Rochelle		10:00 - 11:00 a.m. AQUAFit Rochelle			
		11:00 - 12:00 a.m. AQUAFit De		11:00 - 12:00 a.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 (2) 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 - 7:30 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.	LAP SWIM (2) 3:30 - 5:30 p.m.	SWIM Lessons 3:30 -6:30 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.				
	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 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.				

Pool Hours:
Monday - Thursday
 5:00am - 10:30pm
Friday
 5:00am - 8:30pm
 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 and Water Fitness Classes with less than 20 participants.

EFFECTIVE: February 5th, 2018