WAVERLEY OAKS
ATHLETIC CLUB
Aquatics Schedule

EFFECTIVE: NOVEMBER 5, 2023

POOL	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:15 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM			
6:00 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		**Saturday**	**Sunday**
6:45 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	7:00 AM	LAP SWIM	LAP SWIM
7:30 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	7:45 AM	LAP SWIM	LAP SWIM
8:15 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	8:30 AM	LAP SWIM	LAP SWIM
9:00 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	9:15 AM	LAP SWIM	LAP SWIM
10:00 AM	HYDRO BLAST — VIELKA. '55	H2O fitness — DORY '45	HYDRO BLAST — ALLISON '55	H2O fitness — CARLY '45	H2O fitness — SINCEREE '45	10:15 AM	H2O fitness — DORY '45	HYDRO BLAST — JOANNE S. '55
11:00 AM		HYDRO BLAST — DORY '45		HYDRO BLAST — CARLY '45	HYDRO BLAST — JOANNE S '45	11:15 AM	HYDRO BLAST — DORY '45	
11:15 AM	LAP SWIM		LAP SWIM			11:30 AM		LAP SWIM
12:00 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	12:15 PM	LAP SWIM	LAP SWIM
12:45 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	1:00 PM	LAP SWIM	LAP SWIM
1:30 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	1:45 PM	LAP SWIM	LAP SWIM
2:15 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	2:30 PM	LAP SWIM	LAP SWIM
3:00 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	3:15 PM	LAP SWIM	LAP SWIM
4:00 PM	FAMILY SWIM 4:00 - 5:00 p.m.	FAMILY SWIM 4:00 - 5:00 p.m.	FAMILY SWIM 4:00 - 5:00 p.m.	FAMILY SWIM 4:00 - 5:00 p.m.	FAMILY SWIM 4:00 - 5:00 p.m.	4:00 PM	FAMILY SWIM 4:00 - 5:00 p.m.	FAMILY SWIM 4:00 - 5:00p.m.
5:15 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	5:15 PM	LAP SWIM	LAP SWIM
6:00 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	6:00 PM	LAP SWIM	LAP SWIM
6:45 PM	LAP SWIM	H2O fitness 7:00 - 7:55pm DORY '55	LAP SWIM	H2O fitness 7:00 - 7:55pm DORY '55	LAP SWIM			
7:30 PM	LAP SWIM		LAP SWIM		LAP SWIM			
8:15 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM			
9:00 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM				

*Reservations are required for all book bookings.

LAP SWIM	45 minutes per booking
H2O fitness	Fee Based Program, 20 max capacity, packages available
HYDRO BLAST	Included with membership 35 max capacity

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ATHLETIC CLUB

POOL GUIDELINES

▪ **All swimmers need to take a cleansing shower prior to entering the pool**

▪ **Children must be supervised at all times while in the pool area. Children under age 12 are only permitted in the pool during designated Family Swim Times. Children ages 12 and older who are capable of swimming without assistance may swim during Lap Times.**

▪ **Young children need to wear appropriate swim diaper and rubber pants**

▪ **Lanes may be designated for private lessons at any time**

▪ **SPLIT the lane when needed to accommodate members**

▪ **During Lap Swim times we ask that members who are water exercising use the lane 1.**

▪ **Please be courteous and respectful of your fellow members and willingly share the pool space**

▪ **Safety rules must be followed at all times including no diving and no running on the deck**

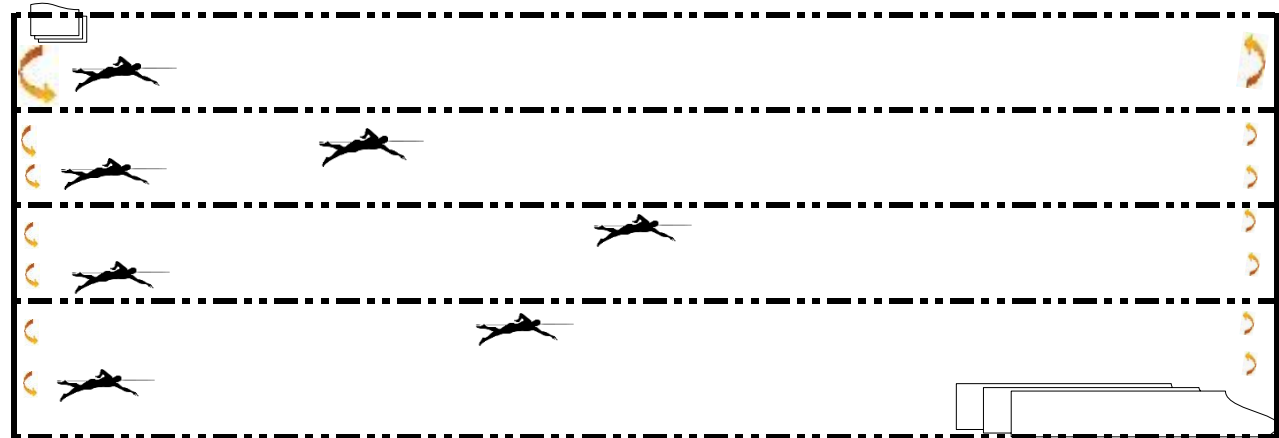▪ **The Club reserves the right to adjust the pool schedule at any time**

LANE 4	SINGLE
LANE 3	SPLIT
LANE 2	SPLIT
LANE 1	SPLIT

LANE 1 — *Preferred Lane for Members Doing Water Exercises*

H2Ofitness $

Full body workout in the water exercising the cardio-respiratory and muscle systems incorporating a variety of methods which may include use of equipment and interval training. Tone muscles, increase endurance, and improve flexibility in classes designed to challenge people of all fitness levels.
$10 each or 4 for $30, purchase on APP or with our Front Desk Staff.

HYDRO BLAST

Blast your way to better fitness by using the properties of water in this total body workout which combines cardio, strength and core work. Increase your stamina, strengthen and tone your body, and improve flexibility and stability. Complete the experience with a relaxing mix of stretches at the end. A variety of equipment and formats will be used. All fitness levels are welcome.

We believe even a little Group AQUA is better than none. If you can only practice for a short duration we suggest that you arrive on time, stay to the back of the class and allow at least 5 minutes for cool down before leaving quietly.

THE GROUP SCHEDULE IS A ROTATING SCHEDULE.

The management reserves the right to make schedule changes as necessary.