

WAVERLEY OAKS ATHLETIC CLUB

Aquatics Schedule Starting June 19th



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 (4) 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.	FAMILY SWIM 3:30 - 8:30 p.m.	FAMILY SWIM 1:00 - 6:00 p.m.	FAMILY SWIM 1:00 - 6:00 p.m.
	LAP SWIM (4) 5:30 - 6:45 p.m.	LAP SWIM (4) 5:30 - 6:45 p.m.	LAP SWIM (4) 5:30 - 6:45 p.m.	LAP SWIM (4) 5:30 - 6:45 p.m.		LAP SWIM (4) 6:00 - 7:30 p.m.	LAP SWIM (4) 6:00 - 7:30 p.m.
	7:00 - 8:00pm SPLASH TRACK Dory	7:00 - 8:00pm WET & WILD Suzanne	7:00 - 8:00pm HYDRO CHALLENGE Dory	7:00 - 8:00pm CARDIO SCULPT Kristen		Pool Hours: Monday - Thursday 5:15am - 9:30pm Friday 5:15am - 8:30pm Saturday & Sunday 7:00am - 7:30pm	
	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.			

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

One lap lane is available during Family Swim and Water Fitness Classes with less than 20 participants.
 The Club reserves the rights to run private lessons at any time and use one of the lanes.