

# WSC Recreational Pool Schedule

Effective Aug 14- Sept 3, 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						
5:00						
8:00						Senior Swim
8:30						
9:00	Aqua Fitness Michelle	Aqua Tai Chi Nancy	Aqua Fitness Annette	Aqua Tai Chi Nancy		Swim Classes - See Swim Class Schedule
9:30						Aqua Zumba Kelly
10:00		Sensitive Points Nancy		Sensitive Points Nancy		
10:30						
11:00						
11:30	Senior Swim/Water Walking					
PM						
1:00						
1:30						FREE for Members \$10 Non Members
2:00						NOT A STRUCTURED CLASS
2:30						
3:00						
3:30						*Deep Water Class takes place in the competition pool
4:00						
4:30	AQUA BLAST TARA			AQUA BLAST TARA		
5:00						
5:30		Aqua Zumba Kelly				
6:00						
6:30				Deep Water* Michelle		
7:00						
7:30						



**RICHARD E. WORKMAN**  
Sports & Wellness  
Complex