

# WSC Recreational Pool Schedule

Effective Sept 5-Sept 30, 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	Aqua Fitness Annette	Swim Classes - See Swim Class Schedule	
9:30							Aqua Zumba Kelly
10:00	Aqua Tai Chi Michelle	Sensitive Points Nancy		Sensitive Points Nancy			
10:30							
11:00							
11:30	Senior Swim/Water Walking						
PM							
1:00							
1:30						FREE for Members	
2:00						\$10 Non Members	
2:30						NOT A STRUCTURED CLASS	
3:00							
3:30							
4:00							
4:30	AQUA BLAST TARA			AQUA BLAST TARA			
5:00							
5:30		Aqua Zumba Kelly		Gentle Water Works TARA			
6:00							
6:30							
7:00							
7:30							



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