

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 7-8:30am US Masters Swim 7-11am Adult Swim Only 11am-6pm Open Swim
2 12-6pm Open Swim	3 5:30am-12pm Adult Swim Only 5:45-7:15am WHS Swim 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 12-9pm Open Swim 3:30-6pm WHS Swim 6-8pm J-Hawk Swim 6:30-7:30pm US Masters	4 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 8:45-9:30am Deep Water Cardio 12-9pm Open Swim 3:30-6pm WHS Swim 4:30-7pm WAFC Swim Lessons	5 5:30am-12pm Adult Swim Only 5:45-7:15am WHS Swim 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 12-9pm Open Swim 3:30-6pm WHS Swim 6-8pm J-Hawk Swim 6:30-7:30pm US Masters	6 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 12-9pm Open Swim 3:30-6pm WHS Swim 4:30-7pm WAFC Swim Lessons	7 5:30am-12pm Adult Swim Only 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 8:45-9:30am Deep Water Cardio 12-9pm Open Swim 3:30-6pm WHS Swim 6-8pm J-Hawk Swim	8 7-8:30am US Masters Swim 7-11am Adult Swim Only 11am-6pm Open Swim
9 12-6pm Open Swim	10 5:30am-12pm Adult Swim Only 5:45-7:15am WHS Swim 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 9:28-10am WHS PE (4 lanes) 12-9pm Open Swim 12:55-2:15pm WHS PE (4 lanes) 3:30-6pm WHS Swim 6:30-7:30pm US Masters	11 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 8:45-9:30am Deep Water Cardio 9:28-10am WHS PE (4 lanes) 12-4pm Open Swim 12:55-2:15pm WHS PE (4 lanes) 4pm WHS Swim meet	12 5:30am-12pm Adult Swim Only 5:45-7:15am WHS Swim 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 9:28-10am WHS PE (4 lanes) 12-9pm Open Swim 12:55-2:15pm WHS PE (4 lanes) 1:15-2:45pm Group (60 ppl) 3:30-6pm WHS Swim 6:30-7:30pm US Masters	13 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 9:28-10am WHS PE (4 lanes) 12-9pm Open Swim 12:55-2:15pm WHS PE (4 lanes) 3:30-6pm WHS Swim	14 5:30am-12pm Adult Swim Only 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 8:45-9:30am Deep Water Cardio 9:28-10am WHS PE (4 lanes) 12-9pm Open Swim 12:55-2:15pm WHS PE (4 lanes) 3:30-6pm WHS Swim	15 7-8:30am US Masters Swim 7-11am Adult Swim Only 11am-6pm Open Swim
16 12-6pm Open Swim	17 5:30am-12pm Adult Swim Only 5:45-7:15am WHS Swim 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 9:28-10am WHS PE (4 lanes) 12-9pm Open Swim 12:55-2:15pm WHS PE (4 lanes) 3:30-6pm WHS Swim 6:30-7:30pm US Masters	18 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 8:45-9:30am Deep Water Cardio 12-9pm Open Swim 3:30-5pm Group (85 ppl) 3:30-6pm WHS Swim	19 5:30am-12pm Adult Swim Only 5:45-7:15am WHS Swim 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 12-9pm Open Swim 3:30-6pm WHS Swim 6:30-7:30pm US Masters	20 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 12-9pm Open Swim 3:30-6pm WHS Swim	21 5:30am-12pm Adult Swim Only 12-9pm Open Swim 3:30-6pm WHS Swim	22 7-8:30am US Masters Swim 7-11am Adult Swim Only 11-6pm Open Swim
23 12-6pm Open Swim	24 5:30am-12pm Adult Swim Only 7:00-9:39am WHS Swim	25 Merry Christmas!!! Closed for the Holiday	26 5:30am-12pm Adult Swim Only 7:00-10:00am WHS Swim 12-9pm Open Swim 6:30-7:30pm US Masters	27 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 7:00-10:00am WHS Swim 12-9pm Open Swim	28 5:30am-12pm Adult Swim Only 7:00-10:00am WHS Swim 12-9pm Open Swim	29
30 12-6pm Open Swim	31 5:30am-12pm Adult Swim Only 7:00-10:00am WHS Swim 12-9pm Open Swim					

Whitewater Aquatic & Fitness Center

Lap Pool – Water Aerobics Class Descriptions

Dash & Splash: Aerobic based water class, where you will run, jump, and raise your heart rate. Barbells will be incorporated into movements throughout class.

Instructors: Gina & Ann

Deep Water Cardio: A quick moving water fitness class in deep water that will leave you sweating for more. Water flotation belts are available for use.

Instructor: Debbi

US Masters Swim: A session is 3 months. January-March, April-June, July-September, October-December.

Passholder: \$50, Resident: \$60, Non-Resident: \$70

Coaches: Andy Ciprano & Erica Bergstrom

Visiting Groups

Wednesday Dec. 12th- 60 people

Tuesday Dec. 18th – 85 people

Whitewater High School Swim Teams

Swim practices will begin in the afternoons at 3:30pm using 6 lanes.

Monday and Wednesday morning practices will begin at 5:45am using 3 lanes.

No open swim will be available in the Lap Pool during this time. Adult Swim only.