

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 12-9pm Open Swim	2 5:30am-12pm Adult Swim Only 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	3 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 12-4pm Open Swim 9:30-10am WHS P.E. 12:55-2:15pm WHS P.E. 4pm WHS Swim Meet	4 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 9:30-10am WHS P.E. 12-9pm Open Swim 12:55-2:15pm WHS P.E. 3:30-6pm WHS Swim	5 7-8:30am US Masters Swim 7-11am Adult Swim Only 11am-6pm Open Swim
12-6pm Open Swim 6	7 5:30am-12pm Adult Swim Only 5:45-7:15am WHS Swim 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 9:30-10am WHS P.E. 12-9pm Open Swim 12:55-2:15pm WHS P.E. 3:30-6pm WHS Swim 6:30-7:30pm US Masters	8 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 8:45-9:30am Deep Water Cardio 9:30-10am WHS P.E. 12-9pm Open Swim 12:55-2:15pm WHS P.E. 3:30-6pm WHS Swim	9 5:30am-12pm Adult Swim Only 5:45-7:15am WHS Swim 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 9:30-10am WHS P.E. 12-9pm Open Swim 12:55-2:15pm WHS P.E. 3:30-6pm WHS Swim 6:30-7:30pm US Masters	10 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 9:30-10am WHS P.E. 12-9pm Open Swim 12:55-2:15pm WHS P.E. 3:30-6pm WHS Swim	11 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 9:30-10am WHS P.E. 12-9pm Open Swim 12:55-2:15pm WHS P.E. 3:30-6pm WHS Swim	12 7-8:30am US Masters Swim 7-11am Adult Swim Only 11am-6pm Open Swim
12-6pm Open Swim 13	14 5:30am-12pm Adult Swim Only 5:45-7:15am WHS Swim 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 9:30-10am WHS P.E. 12-9pm Open Swim 12:55-2:15pm WHS P.E. 3:30-6pm WHS Swim 6:30-7:30pm US Masters	15 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 8:45-9:30am Deep Water Cardio 9:30-10am WHS P.E. 12-9pm Open Swim 12:55-2:15pm WHS P.E. 3:30-6pm WHS Swim 4:30-7pm WAFC Swim	16 5:30am-12pm Adult Swim Only 5:45-7:15am WHS Swim 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 9:30-10am WHS P.E. 12-9pm Open Swim 12:55-2:15pm WHS P.E. 3:30-6pm WHS Swim 6:30-7:30pm US Masters	17 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 9:30-10am WHS P.E. 12-9pm Open Swim 12:55-2:15pm WHS P.E. 3:30-6pm WHS Swim 4:30-7pm WAFC Swim	18 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 9:30-10am WHS P.E. 12-9pm Open Swim 12:55-2:15pm WHS P.E. 3:30-6pm WHS Swim 5-7pm W3 Free Swim	19 7-8:30am US Masters Swim 7-11am Adult Swim Only 11am-6pm Open Swim 1-3pm Group (25-35)
12-6pm Open Swim 20	21 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-Hawks swim 6:30-7:30pm US Masters	22 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 8:45-9:30am Deep Water Cardio 12-9pm Open Swim 4pm WHS Swim Meet	23 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-Hawks swim 6:30-7:30pm US Masters	24 5:30am-12pm Adult Swim Only 6:00-7:00am US Masters 12-4pm Open Swim 3:30-6pm WHS Swim 4:30-7pm WAFC Swim	25 5:30am-12pm Adult Swim Only 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 7-9:30am WHS Swim 8:45-9:30am Deep Water Cardio 12-9pm Open Swim 6-8pm J-Hawks swim	26 7-8:30am US Masters Swim 7-11am Adult Swim Only 11-6pm Open Swim
12-6pm Open Swim 27	28 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-Hawks swim 6:30-7:30pm US Masters	29 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	30 5:30am-12pm Adult Swim Only 5:45-6:30am Dash & Splash 7:30-8:15am Dash & Splash 12-9pm Open Swim 6-8pm J-Hawks swim 6:30-7:30pm US Masters	31 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		

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

January 19th 1-3pm (25-35)

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.