## WCRC Rec Pool (Fall/Winter)

6:30 P - 7:30

## Starting August 19



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	_	Water
Water Aerobics 9 AM -10 AM	Water Aerobics 9 AM -10 AM	Water Aerobics 9A -10 AM	Water Aerobics 9A -10 AM	Water Aerobics 9A -10 AM	Water Aerobics 9A -10 AM		Aerobics Special Programming Adult Swim
Adult Swim 10 A - 11 A	Adult Swim 10 A - 11 A	Adult Swim 10 A - 11 A	Adult Swim 10 A - 11 A	Adult Swim 10 A - 11 A	Adult Swim 10 A - 11 A		Public Swim
Homeschool Open Swim 11 A-12 P	Special Programming 11 A - 12 P	Special Programing 11 A- 12 P	Homeschool Open Swim 11 A-12 P	Public Swim 11 A - 7:30 P	Swim Lessons 11 A - 12 P		Home School Open Swim Swim Lessons
Public Swim 2 P - 4 P	Public Swim 2 P - 4 P	Public Swim 2 P - 4 P	Public Swim 2 P - 4 P		Public Swim 12 P - 6:30 P		
Swim Lessons 4 P - 5:30 P	Swim Lessons 4 P - 5:30 P	Swim Lessons 4 P - 5:30 P	Swim Lessons 4 P - 5:30 P		Sunday		
Public Swim 5:30 P - 7:30 P	Water Aerobics 5:30 P - 6:30 P	Public Swim 5:30 P - 7:30 P	Water Aerobics 5:30 P - 6:30 P		Public Swim 12:30 P - 4:30 P		
	Public Swim		Public Swim				

6:30 P - 7:30 P

12 p - 2 P the Rec pool is closed to the public

## WCRC Lap Pool (Winter)

(2 lanes)

## November 4, 2024 - February 10, 2025



•						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Lap Swim 6:00 A - 3:30 P  Deep Water Aerobics 10:00 A - 11:00 A	Lap Swim 6:00 A - 3:30 P	Lap Swim 6:00 A - 3:30 P  Deep Water Aerobics 10:00 A - 11:00 A	Lap Swim 6:00 A - 3:30 P  Deep Water Aerobics 10:00 A - 11:00 A	Lap Swim 6:00 A - 3:30 P  Deep Water Aerobics 10:00 A - 11:00 A	Watauga Swim Team 9:00 A - 11:00 A  Lap Swim 11:00 A -12:00 P  4 Lap swim lanes w/ climbing wall open 12:00 P - 6:30 P	Lap/Open Swim  Deep Water Aerobics  Watauga Swim Team
Watauga Swim Team 3:30 P - 6:30 P	Watauga Swim Team 3:30 P - 6:30 P	Watauga Swim Team 3:30 P - 6:30 P	Watauga Swim Team 3:30 P - 6:30 P	Watauga Swim Team 3:30 P - 6:30 P	Sunday 4 Lap lanes w/	Masters Swim Team  Aqua Boot Camp
Watauga High 6:30 P - 7:45 P  Masters Swim Team 6:00 P - 7:15 P	Watauga High 6:30 P - 7:45 P  Aqua Bootcamp 6:00 P - 6:45 P	Watauga High 6:30 P - 7:45 P	Watauga High 6:30 P - 7:45 P  Masters Swim Team 6:00 P - 7:15 P	Watauga High/ Lap Swim 6:30 P - 7:30 P	climbing wall open 12:30 P - 4:30 P	Watauga High School

(2 lanes)