

## **WCRC Rec Pool**

6:30 P - 7:30



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

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

## WCRC Lap Pool (Spring)

## February 10 - June 8

pool 6:30 P - 7:30 PM for preseason training.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Watauga Swim Team 9:00 A - 11:00 A	Lap/Open Swim
6:00 A - 3:30 P  Deep Water	6:00 A - 3:30 P	6:00 A - 3:30 P  Deep Water	6:00 A - 3:30 P  Deep Water	6:00 A - 3:30 P  Deep Water	Lap Swim 11:00 A -12:00 P 4 Lap swim lanes	Deep Water Aerobics
Aerobics 10:00 A - 11:00 A		Aerobics 10:00 A - 11:00 A	Aerobics 10:00 A - 11:00 A	Aerobics 10:00 A - 11:00 A	w/ climbing wall open 12:00 P - 6:30 P	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	Masters Swim Team  Aqua Boot Camp
					4 Lap lanes w/ climbing wall	C,p
Lap Swim 6:30 P - 7:30 P Masters Swim	Lap Swim 6:30 P - 7:30 P	Lap Swim 6:30 P - 7:30 P	Lap Swim 6:30 P - 7:30 P Masters Swim	Lap Swim 6:30 P - 7:30 P	open 12:30 P - 4:30 P	
Team 6:00 P - 7:15 P (3 lanes)	Aqua Bootcamp 6:00 P - 6:45 P		Team 6:00 P - 7:15 P (3 lanes)	Beginning April 29	th, Watauga Barracudas	will share the