

WCRC Rec Pool (Fall/Winter)

Starting August 19



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
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
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
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 6:30 P - 7:30		Public Swim 6:30 P - 7:30 P		

- Water Aerobics
- Special Programming
- Adult Swim
- Public Swim
- Home School Open Swim
- Swim Lessons

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

WCRC Lap Pool (Spring)

February 10 - June 8



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Lap Swim 6:00 A - 3:30 P</p> <p>Deep Water Aerobics 10:00 A - 11:00 A</p>	<p>Lap Swim 6:00 A - 3:30 P</p>	<p>Lap Swim 6:00 A - 3:30 P</p> <p>Deep Water Aerobics 10:00 A - 11:00 A</p>	<p>Lap Swim 6:00 A - 3:30 P</p> <p>Deep Water Aerobics 10:00 A - 11:00 A</p>	<p>Lap Swim 6:00 A - 3:30 P</p> <p>Deep Water Aerobics 10:00 A - 11:00 A</p>	<p>Watauga Swim Team 9:00 A - 11:00 A</p> <p>Lap Swim 11:00 A - 12:00 P</p> <p>4 Lap swim lanes w/ climbing wall open 12:00 P - 6:30 P</p>	
<p>Watauga Swim Team 3:30 P - 6:30 P</p>	<p>Watauga Swim Team 3:30 P - 6:30 P</p>	<p>Watauga Swim Team 3:30 P - 6:30 P</p>	<p>Watauga Swim Team 3:30 P - 6:30 P</p>	<p>Watauga Swim Team 3:30 P - 6:30 P</p>		
<p>Lap Swim 6:30 P - 7:30 P</p> <p>Masters Swim Team 6:00 P - 7:15 P (3 lanes)</p>	<p>Lap Swim 6:30 P - 7:30 P</p> <p>Aqua Bootcamp 6:00 P - 6:45 P</p>	<p>Lap Swim 6:30 P - 7:30 P</p>	<p>Lap Swim 6:30 P - 7:30 P</p> <p>Masters Swim Team 6:00 P - 7:15 P (3 lanes)</p>	<p>Lap Swim 6:30 P - 7:30 P</p>	<p>4 Lap lanes w/ climbing wall open 12:30 P - 4:30 P</p>	
					<p>Beginning April 29th, Watauga Barracudas will share the pool 6:30 P - 7:30 PM for preseason training.</p>	



Lap/Open Swim



Deep Water Aerobics



Watauga Swim Team



Masters Swim Team



Aqua Boot Camp