2014-2015 Fall/Winter WCRC Aquatics Schedule

AQUATICS					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45am		Deep Water Power		Deep Water Power	
7:00am	Senior Splash		Senior Splash		Senior Splash
8:00am	Deep Water Workout		Deep Water Workout		Deep Water Workout
9:05am	Work the Wave		Work the Wave		Work the Wave
5:30pm		Deep Water Workout		Deep Water Workout	
5:30pm		Aqua Fusion		Shock Wave to Zen H2O	