



Update from The W 6.22.17

Holiday hours

The W will close at 7:30 p.m. on Monday, July 3, and re-open Wednesday, July 5, at 5 a.m., in honor of the July 4 holiday.

New summer rec programs start soon

Our next round of summer recreation programs are filling up fast. Beginning in July we will offer Pee Wee Tennis, rock climbing, Sports for Shorts, and karate. The W isn't only a place to strengthen your body, though. We also offer a creative arts program and Fun in the Sun, which focus on different art media, musical activities, storytelling, and nature walks. Visit the [website](#) for more information.

Still time to register

We still have a few spaces remaining in several summer classes which means you can still register! The **Athlete Within** is a strength and conditioning based program that focuses heavily on learning new skills and mastering the proper technique of several exercises. Our **Athletic Camp** focuses on the improvement of speed, agility, core strength, flexibility, and explosiveness. H2O Outdoor Fitness is a cardio class that is perfect for all fitness levels (and a drop-in rate is available if you can't commit to the whole program). Visit the [website](#) for more about each class.

Pool availability

Swim lessons are scheduled June 26-29, July 10-13, and 17-20 until 11:15 a.m. Lap swim will start at 11 a.m., but swimmers will need to allow us to accommodate those lessons during the first 15 minutes. Evening swim lessons are scheduled July 11 through Aug. 3 on Tuesdays and Thursdays, from 5:30 to 7:30 p.m. The north end of the pool will be closed during these times, but the vortex pool will remain open to exercisers.



"There's a place for you at The W"

Hours

The W Hours:

Mon.-Thurs. 5 a.m.-9 p.m.
Fri. 5 a.m.-7:30 p.m.
Sat. 7 a.m.-5:30 p.m.
Sun. 11 a.m. (Fitness area only)
1-8 p.m.

Pool Hours:

Mon.-Fri. 5:15-7:45 a.m.
(vortex and lap swim only)
11 a.m.-1 p.m.
(vortex and lap swim only)
4-7 p.m. (open swim)

Saturday 7:30-9 a.m.
(vortex and lap swim only)
1 a.m.-5 p.m. (open swim)

Sunday 2-6 p.m. (open swim)

Climbing Wall Hours

Thurs.-Fri. 4-7 p.m.
Sat.-Sun. 1-5 p.m.

Child Care Hours:

Mon.-Fri.
8:30-11 a.m.
4:30-7:30 p.m.

Zesty Orange Hours:

Monday-Friday: 7:30 a.m.-6 p.m.
Saturday: 9 a.m.-4 p.m.
Sunday: 1-6 p.m.

